

The

Bulletin



*Life enhancing opportunities
for adults and seniors*

**July
August
September
2018**



Elmwood Senior Center

Kathleen Faroni
Director

1106 New Britain Avenue, West Hartford, CT 06110

Hours: M-F 9:00 a.m. - 4:30 p.m.

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www.Facebook.com/ElmwoodSeniorCenter

West Hartford Senior Center

Gina Marino, CPRP
Director

15 Starkel Road, West Hartford, CT 06117

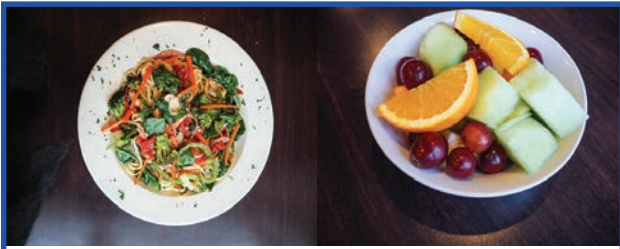
Hours: M-F 9:00 a.m. - 4:30 p.m.

Telephone: (860) 561-7583 Fax: (860) 561-7506

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Celebrate Life at our Senior Centers



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MONDAY	TUESDAY	WEDNESDAY
9:00 Toning & Strength 9:00 Total Body Fitness Video 9:00 Billiards 9:30 Little Boutique 10:00 Toning & Strength 10:00 Brain Games 12:00 Senior Café 1:00 Set Back Inter. 1:00 Write Away Club 1:30 Mexican Train 2:00 Aquacize at Avery 6:00 Pilates	9:00 Arthritis Exercise 9:00 Billiards 9:30 Little Boutique 9:45 Line Dancing 10:00 Collage & Painting 11:00 Silver Sneakers 12:00 Senior Café 12:30 Table Tennis 12:30 Qigong 1:00 Water Walking @ Avery 1:30 Tai Chi Foundations 3:00 Regents Bridge	9:00 Billiards 9:00 Total Body Fitness Video 9:00 Toning & Strength 9:30 Squire Singers 9:30 Blood Pressure 9:30 Little Boutique 10:00 Toning & Strength 10:00 Mah Jongg 10:45 Stronger Seniors (DVD) 11:00 Table Tennis 11:00 Silver Sneakers Zumba Gold 12:00 Senior Café 12:45 Poker, Drop in 1:00 Bingo 2:00 Aquacize @ Avery 6:00 Barre-lates 6:00 Pilates Piano by Appointment
THURSDAY	FRIDAY	SATURDAY
9:00 Billiards 9:30 Little Boutique 10:00 Karaoke 11:00 Guitar Group 11:00 Silver Sneakers 12:00 Senior Café 12:30 Chess, Drop in 12:30 Tai Chi Foundations 1:00 Set Back II 1:00 Drop in Bridge 1:00 Regents Bridge 1:00 Water Walking @ Avery 1:30 Tai Chi Workshops 6:00 Zumba Lovers	9:00 Toning & Strength 9:00 Total Body Fitness Video 9:00 Billiards 9:30 Tai Chi 10:00 Yoga 10:30 Tai Chi 12:00 Adult Swimming @ Avery 12:00 Senior Café 12:30 Table Tennis 12:45 Poker, Drop in 1:00 Movies & Munchies	

STEP UP TO HEALTH FITNESS CENTER HOURS:

M-F--7:00 a.m. to 6:30 p.m.

Saturdays--Closed during the summer months. Closed Sundays.

Reopening Saturday, September 8.

SPECIAL THANKS TO TRADER JOE'S FOR LOVELY FLOWER BOUQUETS

What a lovely surprise it is to visit Elmwood Senior Center's coffee room and see all the buckets of pretty flowers donated by our friends at Trader Joe's! "Captain Michael" and his team are our loyal supporters and we are most grateful.

SPECIAL THANKS TO SUSAN MURRAY, DELIVERY VOLUNTEER & FRIEND

Many thanks to the following volunteers who helped make our Health Fair on April 19 such a success: Sheila Donahue, Ruth Herr, Mickey Hunt, Nancy Kunak, Carol Lemieux, Marie Ouellette, (Marie's Cousin Sena), Dottie and Jim Schwarzhaupt, Barbara Welch and Kathy Wilcox.



JULY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00A Governor's Foot Guard ²	8:00A Mohegun Sun Foot Care ³ 9:00A-3:00P	Closed Holiday Independence Day ⁴	⁵	1:00P Movie: Murder on Orient Express ⁶	⁷
⁹	11:00A Director's Tour ¹⁰	10:30A Vets Hour ¹¹	9:30A Manchester Treasures ¹² 10:00A Memory Screen 1:30P Tai Chi Workshop	1:00P Movie: Wonder ¹³	9:00A Maywood Gardens ¹⁴
11:30A Horseshoes ¹⁶	10:00A Identity Theft ¹⁷ 12:00P Ted Talks 1:00P Pulmonary Fib.	1:30P Rent Rebate ¹⁸	10:30A BWB0-Vertigo ¹⁹	9:30A IKEA ²⁰ 1:00P Movie: Only the Brave	²¹
9:30A Buttonwood Farms ²³	²⁴	²⁵	8:00A WTC Museum ²⁶ 10:30A Get Happy	9:00A-3:00P Foot Care ²⁷ 1:00P Movie: The Sandlot 7:00P USO Dance	²⁸
³⁰ 9:00A Smart Driver	³¹ 6:30P Gazebo Concert				

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:30A Oliver ¹ 1:30P Rent Rebate	²	1:00P Movie: The Post ³	⁴ ⁸
1:00P African Culture ⁶	8:00A Mohegun Sun ⁷ 9:00A-3:00P Foot Care	10:30A Vets Hour ⁸ 1:00P Director's Tour	9:30A Old Saybrook Bargains ⁹	1:00P Movie: The Greatest Showman ¹⁰	¹¹ 10:00A Lady K Cruise ¹²
¹³	9:30A Pres. Club ¹⁴ 10:00A BWB - Long-Term Care Ins	10:30A Cyrano ¹⁵ 1:30P Rent Rebate	10:30A Memory Screenings ¹⁶	1:00P Movie: Kate & Leopold ¹⁷	¹⁸
10:30A Tech Therapy ²⁰	12:00P Ted Talks ²¹ 1:00P Dying Swan 1:00P Pulmonary Fib	10:30A Chorus Line ²²	10:15A Savin Rock Museum ²³ 1:00P Grieving	1:00P Movie: I, Tonya ²⁴ 9:00A-3:00P FootCare	²⁵
²⁷ 9:00A Smart Driver	²⁸	²⁹ 1:30P Rent Rebate	³⁰	³¹ 1:00P Movie: Darkest Hour	

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹
LABOR DAY CLOSED ³	8:00A Mohegun Sun ⁴ 9:30P President's Club	⁵	⁶	1:00P Movie: Gifted ⁷	⁸
¹⁰	¹¹	10:30A Vets Hours ¹² 10:30A Cellist - Jeff Krieger 11:00A 1877 Club 1:30P Rent Rebate	11:30A Emmy Awards ¹³	¹⁴ 1:00P Movie: 3 Billboards Outside Ebbing	¹⁵
10:30A Tech Therapy ¹⁷	12:00A Ted Talks ¹⁸ 1:00P Pulmonary Fib	¹⁹ 9:00A Big E	²⁰	²¹	²²
9:00A Smart Driver ²⁴ 9:45A Lose Acres 10:30A Tech Therapy	²⁵ 10:00A Laughter for Health	10:30A Drowsy Chaperone ²⁶ 1:30P Rent Rebate	10:00A Memory Screenings ²⁷ 11:30A L&L - Vision Loss	²⁸ 1:00P Shape of Water	²⁹

CREATIVITY

Collage & Painting

Learn to make your own unique, mixed media works of art. By collaging together papers you've painted, you will create beautiful pieces that you will enjoy. For all ability levels.

Instructor: Jeff Poole

392984A	Tue	10:00A-12:00P	9/11-10/23	7 Sessions	\$70M/\$80R/\$85NR
392984B	Tue	10:00A-12:00P	10/30-12/11	7 Sessions	\$70M/\$80R/\$85NR

Learn to Knit

Beginners learn the basics of casting on, knitting, purling, increases, decreases, gauge, yarn and needle selection, and pattern reading at the basic level. Level II is ideal for returning students who want to further advance their knitting to the next level. Students will learn the techniques to make their own special project.

Instructor: Felice Shlizerman

Beginner-Level I

392994A	Tue	5:30-6:30P	9/11-9/18	2 Sessions	\$25M/\$30R/\$40NR*
392994B	Tue	5:30-6:30P	10/9-10/16	2 Sessions	\$25M/\$30R/\$40NR*

*\$5.00 Material Fee Payable to Instructor at first class

Level II

392994C	Thu	5:30-6:30P	9/27-10/4	2 Sessions	\$25M/\$30R/\$40NR*
392994D	Thu	5:30-6:30P	10/25-11/1	2 Sessions	\$25M/\$30R/\$40NR*

*\$5.00 material fee payable to instructor at first class.

NEW Vive la France!' - A Culinary Journey through the Regions of France

Join Madame Machele for one or several hands-on French cooking experiences. Each month we will offer a class focused on the cuisine of a particular region of France. Students will learn about the culinary history of the region and prepare and enjoy a meal typical to that area. Students are urged to bring an apron and/or wear casual clothes for cooking. All ingredients are included in each session. Students will work in groups of 4 to prepare recipes for each region and will enjoy the "meal" together at the end of class.

Instructor: Machele Rosenlieb

"Favorites of the South of France"

Join me for a journey through the region of Provence, located in southeast France. The mild climate and proximity to the Mediterranean Sea provide an abundance of fresh fish, vegetables and fruits throughout the year to cooks in this part of France. We will explore the foods of Provence and prepare a traditional Provençal meal highlighting these ingredients. We will also discuss the wines of the region and how to pair them with this meal.

392906A	Thu	10:30A - 12:30P	8/23	1 Session	\$28/\$30/\$32
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"Les Crêpes - Both Savory and Sweet!"

Join me to explore the origins of "les Crêpes" in France. While we often think of crêpes merely as thin pancakes, crêpes are so much more and a culinary delight throughout France! We will prepare a crêpe-based meal using two types of batter and a variety of fillings to expand our appreciation for this French delicacy dating back to the 12th century. We will also discuss the wines of the Brittany region and how to pair them with this meal.

392906B	Thu	10:30A - 12:30P	9/27	1 Session	\$28/\$30/\$32
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DANCE

Line Dance

NEW Have you ever wanted to learn the latest line dances in order to be better prepared for weddings, parties, dances?

This is your chance to learn from one of the best instructors around! Ken, AKA "The Groovemaker". Prepare yourself for some exciting Boogie and Music. You will learn dances such as the Homey Twist, The Old and New Wobble, Step To The Name Of Love, Biker Shuffle, Latin Steppin, Uptown New York Slide, Feel So Right, Two By Four, Swoop, and many more! Instructor: Ken Finley

392923A	Tue	9:45-10:45A	9/11-10/2	4 Sessions	\$25M/\$35R/\$40NR
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DANCE CONT.

Tapercize

These classes are designed for adults who love to dance and enjoy great music while getting aerobic Exercise. If you always wanted to learn to tap dance, are experienced tap dancers, or somewhere in the middle, choose the class that will best fit you. No experience is needed. Instructor: Carol Moriarty. No Class: 10/8, 11/12.

Beginner

393922A	Mon	11:00-11:45A	10/1-12/17	10 Sessions	\$62M/\$72R/\$77NR
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Intermediate

393905A	Mon	10:00-10:45A	10/1-12/17	10 Sessions	\$62M/\$72R/\$77NR
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Zumba Lovers

Do you love Zumba? Join Carmen Sarmiento, Zumba lover and instructor, to dance the night away. Carmen has an amazing success story about how Zumba has helped her lose weight and feel healthier than ever before. Instructor: Carmen Sarmiento. No Class 11/22.

392931A	Thu	6:00-7:00P	9/13-12/27	Ongoing Drop in Fee \$5 per class	
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Silver Sneakers - Zumba Gold®

There are no requirements other than enjoying music and wanting to have fun. Zumba Gold® is done at a lower intensity than Zumba, not quite as fast, but is certainly as much fun! Instructor: Wendy LeClerc

392929A	Wed	11:00A-12:00P	9/12-10/24	7 Sessions	\$18M/\$28R/\$33NR
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392929B	Wed	11:00A-12:00P	10/31-12/19	8 Sessions	\$22M/\$32R/\$37NR
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FITNESS

 Barre-lates

This dynamic combination of Barre and Pilates utilizes ballet inspired movements at the barre to sculpt, strengthen, and tone your leg muscles. Pilates will work on core strength, posture and flexibility. Safe for all body types and abilities. Bring a mat and water bottle. Instructor: Helene Korchin. No Class 10/3.

392914A	Wed	6:00-7:00P	9/26-12/5	10 Sessions	\$70M/\$80R/\$90NR
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393914A	Wed	6:00-7:00P	1/09-2/27	8 Sessions	\$56M/\$66R/\$76NR
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Pilates

Pilates improves flexibility, posture and abdominal strength. Additionally, Pilates decreases back, neck, and joint pain. This class is for all fitness levels. Beginners must attend the first session. Please bring your own mat. Instructor: Helene Korchin. No Class: 10/1, 10/3 10/8, 11/12.

392945A	Mon	6:00-7:00P	9/17-12/10	10 Sessions	\$70M/\$80R/\$90NR
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Total Body Fitness Video

This class is designed specifically for those over 60, focuses on all areas of the body, head to toe, to promote flexibility, limberness and attain maximum benefits. Video only. No Class: 10/8, 11/12, 11/22.

392901A	MWF	9:00-10:00A	9/24-12/21	36 Sessions	\$15 for all
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Toning & Strength

Strength training is the only type of exercise that can slow and even reverse the decline in muscle mass, bone density and strength. Strength training can also delay the onset of osteoporosis, lower blood pressure and even reduce cholesterol levels. Instructor: Wendy LeClerc. No Class: 10/8, 11/12, 11/23.

(3 Day)

391949B	MWF	9:00-10:00A	7/30-8/31	15 Sessions	\$90M/\$100R/\$105NR
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392949A	MWF	9:00-10:00A	9/10-10/26	20 Sessions	\$120M/\$130R/\$135NR
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392949B	MWF	9:00-10:00A	10/29-12/17	20 Sessions	\$120M/\$130R/\$135NR
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(Choose 2

391916B	MWF	9:00-10:00A	7/30-8/31	10 Sessions	\$60M/\$70R/\$75NR
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392916A	MWF	9:00-10:00A	9/10-10/26	14 Sessions	\$84M/\$94R/\$99NR
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392916B	MWF	9:00-10:00A	10/29-12/17	14 Sessions	\$84M/\$94R/\$99NR
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FITNESS CONT.

(2 Day)

391941B	MW	10:00-11:00A	7/30-8/29	10 Sessions	\$60M/\$70R/\$75NR
392941A	MW	10:00-11:00A	9/10-10/24	13 Sessions	\$78M/\$88R/\$93NR
392941B	MW	10:00-11:00A	10/29-12/19	15 Sessions	\$90M/\$100R/\$105NR

MARTIAL ARTS

Qigong

Involves the regulation of three (3) mutually dependent basic processes: 1. Regulation of Posture; 2. Regulation of Respiration and 3. Regulation of the Mind. Additionally, the practice of Qigong helps restore vitality, conserve energy. Instructor: Hoa Nguyen

392955A	Tue	12:30-1:30P	9/4-10/23	8 Sessions	\$48M/\$58R/\$63NR
392955B	Tue	12:30-1:30P	11/6-12/18	7 Sessions	\$42M/\$52R/\$57NR

Tai Chi

Enjoy the relaxing, graceful movements of Tai Chi while improving your balance, strength and mobility. This is a wonderful exercise for men and women of all ages and physical abilities. Instructor: Faith Geist. No Class: 11/23.

Beginner

391912A	Fri	10:30-11:30A	7/6-8/17	7 Sessions	\$35M/\$45R/\$50NR
392912A	Fri	10:30-11:30A	9/14-12/14	13 Sessions	\$65M/\$70R/\$75NR

Intermediate

391913A	Fri	9:30-10:30A	7/6-8/17	7 Sessions	\$35M/\$45R/\$50NR
392913A	Fri	9:30-10:30A	9/14-12/14	13 Sessions	\$65M/\$70R/\$75NR

NEW Tai Chi Beginner Foundations

Learn the basic techniques and methods to achieve a solid foundation of Tai Chi practice. Deepen your understanding of this martial art and learn more about its origins in this informative and interactive foundations class. Instructor: Hoa Nguyen

392998A	Tue	1:30-2:30P	9/4-10/23	8 Sessions	\$48M/\$58R/\$63NR
392998B	Tue	1:30-2:30P	11/6-12/18	7 Sessions	\$42M/\$52R/\$57NR

Tai Chi Intermediate Foundations

Take your practice of Tai Chi to the next level. Use your solid foundation learned at the beginner level to a new and deeper understanding of this martial art. Instructor: Hoa Nguyen. No Class 11/22.

392997A	Thu	12:30-1:30P	9/6-10/25	8 Sessions	\$48M/\$58R/\$63NR
392997B	Thu	12:30-1:30P	11/8-12/20	6 Sessions	\$36M/\$46R/\$51NR

NEW Tai Chi Workshop

This Tai chi workshop will take your Tai Chi in a new direction. This small group instruction will include specific Tai Chi specialty areas such as the Tai Chi Fan Form and the Tai Chi Sword Form.

Instructor Hoa will hold a FREE demonstration for all who are interested in taking one of these workshops on **July 12 at 1:30P**. The first workshop will begin the following week.

Instructor: Hoa Nguyen

392911A	Thu	1:30-2:30P	7/19- 9/6	8 Sessions	\$80M/\$90R/\$95NR
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Workshop Space is Limited to 6 students

MUSIC

Group Guitar Lessons

These Beginner group guitar lessons will guide you step by step into learning chords and even some beginner songs. Participants must have their own guitar. Chris Farnham has been teaching Guitar, Bass, and Piano for over 15 years and is a Hartt School of Music Graduate. Instructor: Chris Farnham

392927A	Thu	11:00A-12:00P	9/6-10/11	6 Sessions	\$85M/\$95R/\$100NR
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MUSIC CONT.**Piano with Jane**

Experience a student-friendly approach with our long-established teacher and musician. Private lessons are offered every half hour in our music room. Participants must have a full-sized piano upon which to practice. Instructor: Jane Hupfer

392936A	Wed	By appoint.	9/26-10/31	6 Sessions	\$96M/\$106R/\$111NR
392936B	Wed	By appoint.	11/7-12/12	6 Sessions	\$96M/\$106R/\$111NR

WELLNESS**Arthritis Exercise & Relaxation**

Gentle stretching exercises to improve range of motion, joint flexibility, muscle strength, endurance and coordination are led by a physical therapist or certified athletic trainer. Instructor: Brian Elliot

391902A	Tue	9:00-10:00A	7/3-8/28	6 Sessions	\$30M/\$40R/\$45NR
392902A	Tue	9:00-10:00A	9/11-10/30	8 Sessions	\$40M/\$50R/\$55NR
392902B	Tue	9:00-10:00A	11/6- 12/18	7 Sessions	\$35M/\$45R/\$50NR

Brain Games

Entertaining, interactive group activities such as: word games, riddles and visual puzzles. BRAIN GAMES can increase cognitive awareness and logical reasoning, as well as enhance memory. Instructor: Joel Huntington. No Class: 10/8, 11/12.

391934A	Mon	10:00-11:00A	7/2-8/20	9 Sessions	\$16M/\$18R/\$20NR
392934A	Mon	10:00-11:00A	9/17-10/29	6 Sessions	\$10M/\$12R/\$14NR
392934B	Mon	10:00-11:00A	11/5-12/17	6 Sessions	\$10M/\$12R/\$14NR

**Round-Robin Table Tennis**

This Round-Robin Table Tennis program is designed for intermediate to advanced players seeking to play competitive round-robin games in a casual setting. On the first session, players will play as many opponents as possible in a round-robin format (best of 3 up to 21 points). Scores will be recorded and an initial ladder will be published for the next session. Players will then be grouped among the 3 tables based on the ladder (table 1 lower, table 2 middle, and table 3 top). Players will play round-robin at their table until done. Players finishing at the top/bottom of their table's ladder will move up/down to the next table. The ladder will be updated with players switching positions based on winning/losing a match. The last session will be for the final placement. Participants must be present for at least 4 sessions to be eligible for final placement standing. This is not intended to be an instructional program, however tips, suggestions, and help with rules will be provided. You will need to bring your paddle and water bottle, balls will be provided. Instructor: ECC Senior Center. No class: 10/31.

352241A	Wed	5:30-8:30P	9/19-11/14	8 Sessions	\$60R/\$65NR or \$10
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Silver Sneakers – Balance & Strengthening

This class was designed to strengthen the muscles that help us balance, strengthen the response from the body when off-balance, and to maximize independence doing everyday tasks where balance is required or challenged. The class includes a warm up, exercises that strengthen the muscles that support balance, positional poses that practice static balance, and movement patterns that practice dynamic balance. Class is free to Silver Sneakers participants but you must register in advance. Instructor: Cindy Guimond

392933A	Tues	11:00A-12:00P	9/11-11/13	10 sessions	\$30M/\$40R/\$45NR
392933B	Thurs	11:00A-12:00P	9/13-11/15	10 sessions	\$30M/\$40R/\$45NR

Yoga Mindfulness Meditation

Enhances flexibility, strength, coordination and poise. Additionally, did you know that yoga improves your quality of sleep. Breathing and meditation techniques help you revitalize and calm your mind and body. Instructor: Janet Conley. No Class: 11/23.

392909A	Fri	10:00-11:00A	9/14-10/19	6 Sessions	\$36M/\$41R/\$43NR
392909B	Fri	10:00-11:00A	11/2-12/14	6 Sessions	\$36M/\$41R/\$43NR

Fall Class Promotion

September 4-21 – Sign up for a Fall Class and receive a free gift!



DOTY AQUATIC CENTER CLASSES

Located at Avery Heights
705 New Britain Avenue, Hartford, CT 06106
860-953-1201, ext. 451

Water classes are held at Avery Heights Doty Aquatic Center. Register at Elmwood Senior Center.

AQUACISE

No swimming skills required. Emphasizes stretching, toning and cardio exercise. This class will improve your energy and fitness levels with no impact on your joints. Instructor: Avery Heights Staff.

391925A	MW	2:00-2:45P	6/20-8/15	16 Sessions	\$56 Sr. Center Members Only
392925A	MW	2:00-2:45P	8/20-10/15	16 Sessions	\$56 Sr. Center Members Only

WATER WALKING/WATER ARTHRITIS

No swimming skills required. Gentle on the joints while helping you get in shape. Participants gain increased range of motion in stiff, sore joints while protecting joints from weight-bearing impacts. Instructor: Avery Heights Staff.

391926A	T/TH	1:00-1:45P	6/12-8/2	16 Sessions	\$56 Sr. Center Members Only
392926A	T/TH	1:00-1:45P	8/20-10/15	16 Sessions	\$56 Sr. Center Members Only

ADULT SWIM LESSONS

This class will help older adult students get comfortable in the water while learning basic swimming skills and strokes. It's never too late to learn! (Limited space/6 students max/3 minimum). Instructor: Avery Heights Staff.

391930A	Fri	12:00-12:45P	6/29-8/17	8 Sessions	\$64 Sr. Center Members Only
392930A	Fri	12:00-12:45P	8/24-10/12	8 Sessions	\$64 Sr. Center Members Only

This program is only for Senior Center Members! Sign up in the Elmwood Senior Center Office.

Health and waiver forms are filled out at Avery Pool the first day of class for new participants taking water classes. Go to the reception desk at Avery Heights to receive a key card to gain entrance to the pool. A \$10 refundable deposit is required.

RETIRED MEN'S ORGANIZATIONS AT ELMWOOD SENIOR CENTER

The Regents

Marc Shapiro, President

Weekly business meetings, Tuesday, 1:30 p.m.

This social club features guest speakers, as well as recreational activities, such as bowling, golf, table tennis, bridge and lawn bowling.

Members volunteer in the community.

Coffee/dessert served. Meetings resume Tuesday, September 4.

The Squires

Stu Schirmer, President

Weekly business meetings, Friday, 10:00 a.m.

This social club for retired men in the Greater West Hartford area features guest speakers on timely topics, golf and bowling leagues, and a choral group that entertains weekly.

Refreshments. Meetings resume Friday, September 7.





NEW CLASS

Vive la France!' - A Culinary Journey through the Regions of France

Join Madame Machel for one or several hands-on French cooking experiences. Each month we will offer a class focused on the cuisine of a particular region of France. Students will learn about the culinary history of the region and prepare and enjoy a meal typical to that area. Students are urged to bring an apron and/or wear casual clothes for cooking. All ingredients are included in each session. Instructor: Machel Rosenlieb.



"Favorites of the South of France"

Join me for a journey through the region of Provence located in southeast France. The mild climate and proximity to the Mediterranean Sea provide an abundance of fresh fish, vegetables and fruits throughout the year to cooks in this part of France. We will explore the foods of Provence and prepare a traditional Provençal meal highlighting these ingredients. We will also discuss the wines of the region and how to pair them with this meal.

392906A Thu 10:30A - 12:30P 8/23 1 Session \$28/\$30/\$32

"Les Crêpes - Both Savory and Sweet!"

Join me to explore the origins of "les Crêpes" in France. While we often think of crêpes merely as thin pancakes, crêpes are so much more and a culinary delight throughout France! We will prepare a crêpe-based meal using two types of batter and a variety of fillings to expand our appreciation for this French delicacy dating back to the 12th century. We will also discuss the wines of the Brittany region and how to pair them with this meal.

392906B Thu 10:30A - 12:30P 9/27 1 Session \$28/\$30/\$32

Students will work in groups of 4 to prepare recipes for each region and will enjoy the "meal" together at the end of the class.

LINE DANCE

Have you ever wanted to learn the latest line dances in order to be better prepared for weddings, parties, dances? This is your chance to learn from one of the best instructors around; Ken, AKA "The Groovemaker"! Prepare yourself for some exciting Boogie and Music. You will learn dances such as the Homey Twist, The Old and New Wobble, Step To The Name Of Love, Biker Shuffle, Latin Steppin', Uptown New York Slide, Feel So Right, Two By Four, Swoop, and many more! Instructor: Ken Finley

Our ESC line dancers say that Ken has brought fun and enthusiasm to our center. So many folks have shared how much FUN they had at our Line Dance Demo! Now Ken Is back for a new fall Session. Sign up now to have the time of your life!



392923A Tue 9:45-10:45A 9/11-10/2 4 Sessions \$25M/\$35R/\$40NR



TAI CHI WORKSHOP

This Tai chi workshop will take your Tai Chi in a new direction. This small group instruction will include specific Tai Chi specialty areas such as the Tai Chi Fan Form and the Tai Chi Sword Form. Instructor Hoa will hold a **FREE** demonstration for all who are interested in taking one of these workshops on **July 12 at 1:30 p.m.**



The first workshop will begin the following week.

Instructor: Hoa Nguyen.

392911A Thu 1:30-2:30P 7/19- 9/6 8 Sessions \$80M/\$90R/\$95NR

Workshop Space is limited to 6 students

ELEVATOR PROJECT

The Town of West Hartford has scheduled an elevator maintenance and overhaul project in September 2018. The project, currently out to bid, is slated to begin in September and continue for approximately three weeks. We will keep you updated when dates are finalized. We will keep classes and programs to a minimum during that time period but we **WILL** be open during normal business hours. We apologize for the inconvenience and look forward to your continued participation in scheduled programs, activities, and trips. The Senior Café will serve daily noontime meals in the multi-purpose room. For those requiring the elevator service to participate, please see Site Manager, Jon Mack, to make alternative arrangements.

THANK YOU FOR YOUR PATIENCE.



REGISTRATION FORM FOR CLASSES ON PAGE 70

FREE TECH THERAPY EVERY MONTH**10:30-11:30 AM****Mondays, August 20, September 24 (No July meeting)**

Pramod Pradhan, Community Engagement Liaison from the Faxon Library, will be available to address your technology issues including computer downloads (software, downloadable audiobooks, ebooks), word processing, and basic spreadsheets on your personal devices such as laptop, ipad, or smartphone.

Sign up for one session. Limit 4 for each session which will include a 15 minute one on one instruction time. This is a FREE service but reservations are required by calling Elmwood Senior Center Office, 860-561-8180.

**OUTDOOR PICKLEBALL**

Location: Wolcott Park, 1134 New Britain Avenue, West Hartford, CT

There are four permanent outdoor courts located on the last tennis court furthest from the parking lot. The courts are lighted for nighttime play. Equipment is stored next to the court and set up daily by an assigned pickleball player member.

Play times: Monday through Saturday 9:00-11:00 am

Wednesday & Thursday Evenings 6:00-8:00 pm

If you would like to become an Elmwood Senior Center pickleball member or for more information, please contact Lisa Hanse at 860-561-8170 or lisa.hanse@westhartfordct.gov

Parking: Parking lot on Chatfield Drive.

Indoor Pickball will begin Monday, October 1st. Specific information will be sent to all registered Senior Center Members.

TABLE TENNIS

Tuesday and Friday 12:30 p.m. to 4:30 p.m.

Wednesday 11:00 a.m. to 3:00 p.m.

RULES HAVE BEEN POSTED IN THE TABLE TENNIS ROOM.

Due to high demand and limited court space, Elmwood Senior Center Indoor Pickleball and Table Tennis are for Elmwood and West Hartford Senior Center Members only.

At the ***BEGINNING OF EACH MONTH***, unlimited-use monthly passes will be sold for \$5.00.

\$1.00 Daily Pass wristbands may be purchased in Senior Center Office **prior to play**.

ALL PARTICIPANTS MUST SIGN A WAIVER OF LIABILITY FORM AVAILABLE IN THE OFFICE.

WII BOWLING

STARTING BACK UP IN SEPTEMBER

WII NEED YOU!

Instead of wooden lanes and pins, hit the virtual lanes using Nintendo's Wii Game System. No heavy balls to lift and throw and no special bowling shoes. You pick up your Wii-mote and simulate the throwing of a bowling ball. Wii bowling is easy to learn and fun for everyone. No experience necessary! If you are interested, please call the senior center office. We will collect names on an interest sheet.



Identity Theft Tuesday, July 17 10-11:00 a.m.



Presented by Susan Congelosi, "Universal Banker"

It's time to fight back against fraud and abuse.

Learn what you can do in this
information-packed seminar.



Fake emails. Phony lotteries. False promises.

Financial fraud and abuse are becoming more common place every day. So it's important to know what to be aware of so you don't become a victim.

- What is "financial abuse?" Learn how to identify the different ways you can be taken advantage of financially.
- Warning signs. Know the financial warning signs that can indicate fraud and abuse.
- Scams to watch out for. We'll explain the most common financial scams and what makes you vulnerable.
- Important do's and don'ts. What to do, who to call, where to turn if you suspect financial abuse.

Registration required: 860-561-8180.

HEALTHY BRAIN CHECK-UP: MEMORY SCREENING OVERVIEW Thursday, August 16, 10:30-11:30 a.m.

FREE



Learn the importance of memory screening and discuss strategies to keep your brain healthy. This informative program is presented by Amina Weiland, CDP, CDCP, certified dementia practitioner, resource coordinator. RSVP: 860-561-8180.

MEMORY SCREENING DATES, FREE

Thursday, July 12 and Thursday, September 27, 10 a.m.-noon

These confidential memory screenings average 10 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam.

Appointments required. Screenings provided by Amina Weiland, CDP, CDCP, certified dementia practitioner, resource coordinator. RSVP: 860.561.8180. **THE SEMINAR AND SCREENINGS ARE SPONSORED BY:**



Hartford HealthCare 
Center for Healthy Aging



BREAKFAST WITH BENEFITS

This informative, monthly series is designed to introduce participants to a variety of topics of interest as well as to individuals on the local and state level who are advocates for older adults, their well-being, and their community engagement. Bagels & cream cheese, juice & coffee are served. **\$2 M, \$4 NM per event.**

MUST PRE-REGISTER. LOW OR NO PRE-ENROLLMENT MAY RESULT IN CANCELLATION

WHAT IS VERTIGO?

Thursday, July 19 10-11:00 a.m.

- Have you or someone you know been diagnosed with vertigo or a vestibular condition?
- What is vertigo and how is it different from dizziness, lightheadedness, and just being off balance?
- What are some of the causes of vertigo and how can it be treated?

"Vertigo, it's enough to make your head spin!" Have you ever been diagnosed with Vertigo?

Do you ever experience dizziness, imbalance, headaches or ringing in the ears?

Join Joe Allen, PT, DPT, OCS from Physical Therapy & Sports Medicine Centers of Newton for a educational talk to learn what causes vertigo, balance issues and how to seek relief. Joe Allen is a Board Certified Orthopedic Specialist and has been a practicing physical therapist in CT for 10 years. His clinical interests are in helping patients of all ages manage chronic pain and treating post-surgical rehabilitation using manual therapy and current research based practices to improve the quality of his patient's lives. He is trained in multiple manual based techniques to relieve pain and improve function.



Long-Term Care Insurance Workshop

Tuesday, August 14, 10-11AM



Get Your Long-Term Care Insurance questions answered by Betsy Reed, a professional with over 21 years of experience as a registered nurse. She has earned the designation of Certified in Long-Term Care (CLTC) and is a member of the American Association of Long-Term Care Insurance.

Here are some of the topics covered:

What is long-term care?

How do I qualify for long-term care insurance?

I don't want to pay for insurance that I may not need. Are there other options?

How much does long-term care cost?

Who needs long-term care?

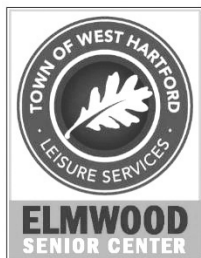
Will Medicare or disability insurance pay for long-term care?

Who pays for long-term care services?

How does Medicaid work?

Co-Sponsored by
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Let our family care for yours.™



TOUR ELMWOOD SENIOR CENTER TODAY!

"Experience The Energy"

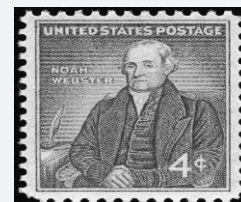
For new members or for those considering joining Elmwood Senior Center, these tours cover all three levels of this facility and provide visitors with a room-by-room description of activities, classes, and services offered. See the gym, fitness center, locker rooms, exercise and educational areas, the Ernest O. St. Jacques Auditorium, "Vicki's Coffee Corner", our library-lounge, billiards room, "movie theater", and more! You will even learn a bit about the history of the building, once an elementary school, and organizations that meet regularly at the facility. You'll meet friendly members along the way who will share their personal experiences and enthusiasm for "ESC" and, perhaps, even invite you to share a cup of coffee and a sweet treat! Registration requested. Our staff looks forward to meeting you and answering your questions.



DATES: Tuesday, July 10, 11 a.m.; Wed., August 8, 1 p.m.

West Hartford A to Z Exhibit

Come, stroll through the hallway of the Elmwood Senior Center and enjoy this exhibit created by the Noah Webster House & West Hartford



West Hartford A to Z is a bold, colorful, interactive, and whimsical exhibit showcasing over three hundred years of life.

People can explore the alphabet soup of West Hartford's dynamic past, colorful personalities, and pivotal events. The exhibit features stylized artwork by painter and West Hartford native Pamela R. Levy. Levy's artwork vibrantly brings each letter of the alphabet to life. Guests can see the visual record of the Town's triumphs and losses through the hundreds of images included in the exhibit. This exhibit has been redesigned from an earlier version done in 2011 to include updated information and photographs.



Congratulations to Virginia & Conrad Cormier on the occasion of their 68th Wedding Anniversary.



Jean Henry, center, and friends enjoying the Kentucky Soiree event on May 3. Jean is the founder of the "newly-retired, Newington Women's meet-up" and is joined by members.

LUNCH & LEARN

Lunch and Learn Programs are designed to educate and inform the public on a variety of topics. A light lunch is served from 11:30 a.m. to Noon and the educational program is offered from Noon to 1:00 p.m. with time for questions and answers.

PRE-REGISTRATION IS REQUIRED. Low or no pre-enrollment may result in cancellation. Cost: \$3 M; \$5 NM.



~ Finding 'The Fun' in Vision Loss ~

**"It is not living with vision loss,
it is succeeding with vision loss"**

Presented By Kevin McNally

Thursday, September 27, 11:30 a.m. to 1 p.m.

As a legally blind speaker, lawyer, musician, consultant, traveler, communicator, and much more, Kevin remains contagiously upbeat and happy. He will enthusiastically share his extensive life experience, while interjecting humor amidst his childhood diagnosis and life challenges. He perceives "vision loss as a blessing" and is eager to explain WHY at Elmwood Senior Center.

Mr. McNally was born with an extremely rare retina disease identified as Albi Punctate Dystrophy and is certified as legally blind by the State of Connecticut. However, this has not slowed him down as he can read and use computers, cell phones, etc. His message of positivity is designed to INSPIRE individuals to persevere in spite of low vision and blindness and to EDUCATE the sighted world about blindness, low vision and "The White Cane's Meaning".

"That which gives me the most challenge is that which sets me free" states the speaker. His uplifting story will inspire YOU to rise about your personal challenges, whatever they may be.

Questions from the audience are encouraged.

"Navigating vision loss, one positive step at a time"

Co-Sponsor:



**ShoreGrass Band**

GAZEBO CONCERT

July 31, 2018 6:30-8:30 p.m.

Elmwood Senior Center • Lower Parking Lot

Rain location: Ernest O. St. Jacques Auditorium

Picnic baskets, lawn chairs, blankets

LIVELY BLUEGRASS MUSIC and smiles.

Fun for All ages Tell Your Family and Friends

ShoreGrass is a bluegrass band from the Connecticut shoreline comprised of Frank & Barbara Shaw (banjo & guitar), Paul Pozzi on mandolin and various musicians on bass, fiddle and Dobro.

Their music is a lively mix of traditional bluegrass, old-time, early country, gospel and folk songs as well as original pieces reflecting their roots in contemporary music with a local flavor. The 3-part vocal harmonies, coupled with that unique bluegrass blend of instruments, will have you on your feet and moving to the rhythm! Summertime fun at its finest!

Sing Out! magazine called ShoreGrass "a refreshing reminder of what bluegrass music is really all about: a talented, family-based band that seem to truly relish playing and singing together."

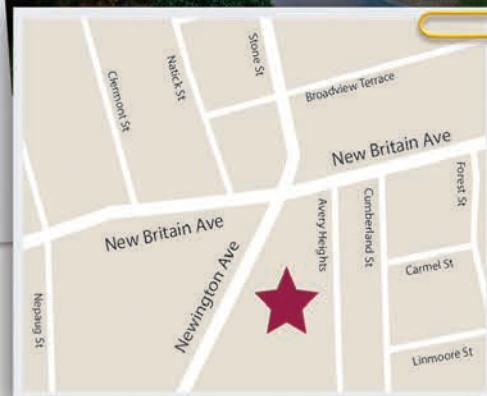
Co-Sponsor:

**Sheehan-Hilborn-Breen
Funeral Home**

Live independently with a little assistance, and *without* a costly entrance fee.

At Avery Heights, we fully support your needs with independent living, assisted living, memory care and skilled nursing.

- ✓ Residential living with apartment & free-standing cottage home options
- ✓ Assisted living tailored to your individual needs
- ✓ Memory Care in the state-of-the-art Burnham Family Residence
- ✓ Skilled Nursing with trained CNAs & LN supervision
- ✓ Short-term Rehabilitation (physical, speech, occupational, and respiratory therapies)
- ✓ Wellness Center with indoor pool & fully-equipped fitness center staffed by an Exercise Physiologist
- ✓ Full calendar of activities both on & off campus
- ✓ Daily chef-prepared dining
- ✓ Available transportation
- ✓ Conveniently located safe & secure campus
- ♻️ YES, we are very pet friendly



Special Move-in Offer:

**1 MONTH
FREE**

**plus \$1,000 towards
moving expenses**

Starting at \$2,495 per month

Call for details

FREE Open House Tour. Luncheon & Presentation included -- 11:00 a.m.

RSVP by calling Jennifer English at **860-272-4252**.

Saturday, July 14

Wednesday, August 22

Wednesday, July 25

Saturday, September 15

Saturday, August 11

Wednesday, September 26



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Hebrew Center for Health and Rehabilitation received its first ever overall **5-Star rating**, the highest possible, from the Center for Medicare and Medicaid Services (CMS)!

The rating culminates a year-long effort to enhance the quality of care and services at the Hebrew Center by its new manager, National

Health Care Associates. A new Administrator, Director of Nursing and other key leaders have been an integral part of this achievement.

In addition, Hebrew Center was recently "Passport Rehabilitation" certified, providing enhanced staff training on the unique needs and care practices of our short-term patients.

***We're only minutes away - but miles ahead in care!
Contact us today to learn more.***

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for Health & Rehabilitation

1 Abrahms Boulevard
West Hartford, CT 06117
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Governor's Foot Guard Show and Refreshments

Monday, July 2 • 7-8:00 p.m. / 6:30-7:00 Refreshments

The First Company Governor's Foot Guard, led by Major Commandant Mark Boudreau, was formed in 1771 and is the oldest military unit in continuous service in the United States. The First Company's Band, led by Musical Director and Bandmaster Captain David Carlson, was formed in 1904. The 1st Co., GFG, has had the prestigious honor of escorting European royalty, foreign dignitaries, and 13 U.S. Presidents, from George Washington to John F. Kennedy. The traditional Grenadier uniform worn today by the 1st Co. GFG is virtually unchanged from the Company's original colonial uniform adopted in the late 1700. **Strawberry shortcake courtesy of the Heights at Avery Heights.**
Cost: \$2 M; \$4 NM.



Back By Popular Demand!

"HORSESHOES & HOTDOGS" 'MEET ME AT THE PITS' WITH KEN FARONI Monday, July 16, 11:30 a.m. to 1:00 p.m.

IT'S TIME TO TOSS THE SHOES! Join horseshoes aficionado, KEN FARONI, husband of Director Kathleen Faroni, at the two horseshoe pits by the gazebo! Learn the rules of the game, technique, and how to score. Beginners as well as experienced players are welcome to join in the fun as we celebrate summer. You'll enjoy **tasty hotdogs, baked beans, watermelon, chips, and lemonade** to keep you energized this fun day. Ken has enjoyed competitions with friends and family and is eager to share his enthusiasm for this sport with members. Once the game is **EASILY** mastered, guys and gals can arrange to play regularly at the Elmwood Senior Center by simply signing out (no cost for members) the equipment from the ESC office. Good times await! Please save the date! **COST: \$3 M, \$5 NM.**



PLEASE REGISTER BY FRIDAY, JULY 13.



The Elmwood Senior Center and the
Elmwood Troubadours
present a retro themed
“1940’s USO DANCE”!

Pin up those “Victory Rolls”
and shine up your dancing shoes.
1940’s attire optional!

1940’s USO DANCE!

*Dance to the sounds of
the live, 9-piece
DSO JAZZ Band*

Friday, July 27, 2018

7 PM to 9 PM



Ernest O. St. Jacques Auditorium at the Elmwood Community & Senior Center

1106 New Britain Avenue, West Hartford, CT 06110

\$8.00 Senior Members \$10.00 General Admission

Ticket purchase via The Elmwood Senior Center

Typical USO Canteen fare of Donuts, Coffee & Tea are included. Water will also be served to keep you hydrated while dancing the night away!

Door Prizes too!

Non-stop music entertainment as the Elmwood Troubadours will perform during the bands breaks. Singles are encouraged to come - Troubadour dancers will be available to sign up to dance with!

The Troubadours are a non-profit, volunteer entertainment troupe of Senior talent who perform at area retirement communities, nursing homes, senior centers, rehab centers & hospitals bringing love and joy to other Seniors and the ability challenged.

Proceeds benefit ESC, Band Stipend, and The Troubadours New Sound Equipment Fund



“Get Your Happy On”

Presented By
Jennifer McManus, Community Nurse Educator

Thursday, July 26, 10:30 – 11:30 a.m.

Come learn the latest research on how you can increase happiness, reduce stress and practice positive affirmations to make you smile more and live more fully in the moment. Harvard University’s most popular course on campus is “How to be Happier” with the focus on recent data showing how much of happiness has to do with choice, attitude and daily practice of mindfulness. This senior program will incorporate body and mind exercises and all you have to do is show up and participate! Bagels & beverages will be served.

COST: \$2 M, \$4 NM

PRE-REGISTRATION REQUIRED

Co-sponsor:

ATRINITY
HOME HEALTH

African Dance & Cultures with Rita

Monday, August 6, 2018

1:00-2:00 p.m.

Cost: \$5 M; \$7 NM

Rita’s show takes you through fashions and dances of Africa. At the end of this program, you feel like you have traveled to Africa, without even being on a plane! You don’t need a passport to go on this journey with Rita! The Audience will be invited to participate in modeling and dancing. Delicious Fresh Fruit Tart with Vanilla ice cream and whipped cream, Coffee and Tea will be served.

Rita Wagener (Kabali) is a native of Uganda, a country located on the Eastern side of the African continent. Wanting to keep her culture alive, Rita started sharing her roots with communities in her area.

Even though Rita left her motherland in the early 1980s, she still remembers the culture, customs, and beliefs of her people.

Pre-registration is required by Friday, August 3.



The Presidents' Club

Facilitated by Ric Hanse

Tuesdays, August 14, September 4, October 2, 9:30-10:30 a.m.

Cost: \$3.00 M, \$5.00 NM



Ric Hanse returns to share wisdom and insights from the Presidents of the past. Our time together is spent weaving experience and history. In this new series we will learn about an exclusive club established at Dwight Eisenhower's Inauguration by Harry Truman and Herbert Hoover. The members of this club are bound forever by the experience of the Oval Office and yet are eternal rivals for history's favor. Based on the popular book "The Presidents Club" written by Nancy Gibbs and Michael Duffy.

Registration required. Call 860-561-8180.

"The Dying Swan"

A Solo Dance Performance by
Sanda Lungu, Ballerina

TUESDAY, AUGUST 21, 1 – 2 p.m.

Ernest O. St. Jacques Auditorium



Sanda Lungu, "Sandy", is originally from Chisinau, Moldova. She started dancing at age 6 in her native country at the ballet studio Soarele. At age 11, Sanda became a student at the **Professional Ballet Academy of Chisinau**. She joined the **National Opera and Ballet Theatre of Moldova** and danced with them for three years. After graduation, she was invited by the **Moscow Ballet Company** to join them on tour and performed 56 Nutcrackers in 2 months! She has also toured with the **Crown of Russia Ballet**. She just finished her second tour with **The State of Russia Ballet** performing the classics of Swan Lake, Nutcracker and Sleeping Beauty.

Sanda will show the audience how she warms up and how pointe shoes are made and tied on her feet. After she dances, she will invite the audience to either stand or stay seated and do a little choreography! Refreshments of **TASTY, FRESH FRUIT** dipped in our **DELICIOUS CHOCOLATE FOUNTAIN** will follow.

Sanda is pleased to be performing her favorite role of the Dying Swan for the Elmwood Senior Center before returning to tour in seven months. This is her first season dancing with West Hartford's Dimensional Dance with annual performances at the University of Saint Joseph in the fall. Performance schedule available on website: dimensionaldance.com.

COST: \$5 M, \$8 NM; PLEASE REGISTER BY AUGUST 17

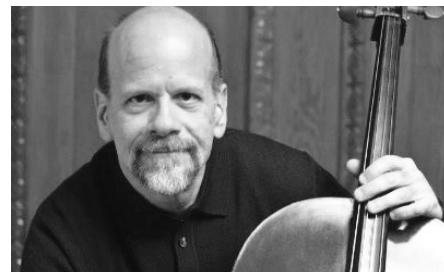
Musical Morning **Solo Cello Performance**

BY JEFFREY KRIEGER

Principal Cellist, Hartford Symphony Orchestra

Wednesday, September 12, 10:30 – 11:30 a.m.

Enjoy the music of Jeffrey Krieger, Principal Cellist with the Hartford Symphony Orchestra, as he performs a beautiful Bach cello suite as well as music from China. Additionally, he will perform music by New York composer, Richard Einhorn, who composes for film. Enjoy a variety of other selections during this one-hour, solo performance. Light refreshments will be served to guests.



Event is **FREE** but **REGISTRATION IS REQUIRED**: 860-561-8180.

This concert is made possible by a collaboration from the Film Fund, Music Performance Trust Fund, and National Council on Aging. Lemonade and cookies served.



THE ELMMY AWARDS

Featuring our own Elmwood Troubadours

**THURSDAY, SEPTEMBER 13,
11:30-1:00 P.M.**

Cost: \$15 M; \$20 NM



Come casual, sit back, relax and enjoy the show! Or if you prefer, you can be an audience participant and **DRESS to IMPRESS!** Walk the “Red Carpet” mingle with some of your favorite “ElmmyWood” stars! Enjoy short skit highlights from the entertainment careers of... Fred Astaire & Ginger Rogers, Norma Desmond, Gene Kelly, Veronica Lake, Liberace, Ethel Merman, Shirley Temple, and many more! The show will take place at the glamorous “ElmmyWood Theater” in ElmmyWood, USA which in fact is the Ernest O. St. Jacques Auditorium at the Elmwood Senior Center. Menu includes sparkling “champagne” toast, garden salad, dinner roll, oven roasted balsamic vegetables, mashed potatoes, and sliced roast beef with gravy. Dessert will be a “red carpet dessert” and beverage. It will be an afternoon to remember! Pre-registration required by Friday, September 7.

THE TROUBADOURS are a group of singers, musicians, and actors who hold meetings here at Elmwood Senior Center and entertain at facilities in the Greater Hartford Area. They are an all-volunteer organization that strives to spread happiness and song to seniors.

~ LAUGHTER FOR THE HEALTH OF IT ~

“Creating Healthy Lifestyles through Laughter”



Facilitated By

Trevor Smith, B.A., M.A., M.Ed., CLL

Blue Sky Consulting

Springfield, Massachusetts

Tuesday, September 25, 10 – 11 a.m.

This innovative health and wellness workshop is designed to keep people happy, healthy and productive. As a combination of physical and mental action-oriented activities, Laughter Wellness is a powerful tool to:

- **REDUCE STRESS**
- **PROMOTE GROUP COHESION & TRUST**
- **REDUCE NEGATIVE BEHAVIORS AND ATTITUDES**
- **INCREASE ENERGY**
- **LOWER BLOOD PRESSURE AND HEART RATE**
- **PROVIDE A SUPERIOR CARDIOVASCULAR WORKOUT**
- **BUILD POSITIVE SOCIAL CONNECTIONS**

This will be a structured, experiential and highly interactive program that promises to create enjoyment and camaraderie. Trevor will provide all equipment/materials.

Participants will be taught self-care strategies for healthy behaviors in daily life.

Mr. Smith, the Founder of Blue Sky Consulting, worked for 15 years as a Therapeutic Recreation Specialist and mental health practitioner. He is a Certified Laughter Leader as well as Certified Laughter Yoga Leader. **He has had rave reviews from senior centers in both Connecticut and Massachusetts** and we welcome him to Elmwood Senior Center to *“Experience the Energy”!*

Heart healthy snacks/beverages will be served. COST: \$3 M, \$5 NM

Pre-Registration Required by Monday, September 25.

Co-Sponsor:

**Homewatch
CareGivers®**



The Elmwood Senior Center, in conjunction with the Elmwood Community Center, invite you to attend this concert in support of the Town's Food Pantry.

“Latin Quarter Jazz Collective” CONCERT Sunday, September 30, 1 to 2 p.m.

**A Celebration of the “Collective’s” 20th Anniversary
and
A Fundraiser for the Town of West Hartford Food Pantry**

**** Tickets: \$3pp OR Donation of Non-Perishable Food Items ****

In honor of the Latin Quarter Jazz Collective's 20th Anniversary, the award-musical ensemble will feature Bob Paskowitz, saxophones; Warren Byrd, keyboards and vocals; Saskia Laroo, trumpet, bass and saxophone, plus vocals; Jason Schwartz on acoustic or standup bass; Woody Floyd, drums and percussion; Lance James, additional percussion; and Sinan Bakir, highly acclaimed local guitarist. The talented ensemble will play several jazz classics, including Latin and Brazilian jazz classics.

Please spread the word and come out for a good cause.

“BY THE COMMUNITY, FOR THE COMMUNITY”

**Tickets may be purchased at Elmwood Community & Senior Center
1106 New Britain Avenue – West Hartford, CT
Elmwood Community Center: 860-561-8160
Elmwood Senior Center: 860-561-8180**



“Grieving With A Purpose”

~ Bereavement Discussion and Support ~

Facilitated by Pamela Hilborn, M.A.

Gerontologist, Executive Resource Consultant

**Thursday, August 23, 1- 2 p.m. AND
Thursday, October 25, 10:30 -11:30 a.m.**

No one is prepared for grief. The rush of feelings, the thoughts, anxieties, and heartache can take us by surprise and drive us to our knees. Dealing with grief is tough. It often takes both courage and hard work to successfully adapt to the loss of a significant person in your life. Yet, when we choose to harness that power to grieve with purpose, amazing things can happen. Good can come from your pain. Sigmund Freud first brought up the concept of grief work in 1917, and today the idea that bereavement is purpose-driven continues. While each person will cope with the loss of a loved one in their own, unique way, discussion or support groups provide a place to express feelings, share experiences, and to begin or to continue the process of walking the bereavement journey. If you have had a loss that you still grieve or you would like to learn more about the topic, please join us.

FREE -- REGISTRATION REQUIRED -- 860-561-8180.

**Sheehan-Hilborn-Breen
Funeral Home**

“COFFEE and CONVERSATIONS”

**“Five Wishes,” An Advanced Directive:
A Gift For You and Your Family**

Friday, October 12, 10 a.m. to Noon



FIVE WISHES: The Person I Want to Make Decisions for Me When I Can't; The Kind of Medical Treatment I Want or Don't Want; How Comfortable I Want to Be; How I Want People To Treat Me; What I Want My Loved Ones to Know.

“Five Wishes” is a unique living will, written in everyday language, which helps you express your medical wishes in addition to personal, emotional and spiritual concerns. These choices, when considered in advance of difficult medical situations, are a gift you can give to both yourself and your families. This program, presented by registered nurses, offers insight from years of professional experience with patients and families.

FREE -- REGISTRATION REQUIRED-860-561-8180.

**Presenters from University of Hartford's Nursing Masters' Program
Connie Cole-Ingber, RN, CCRN - Lisa Ortiz RN - Candace Ramirez, RN**



IT'S SUMMERTIME! Time to put **PLAY** in your DAY!

GAMES GALORE! Bocce, bean bag toss, ladder ball, croquet and horse-shoes can be enjoyed on the lovely grounds surrounding Elmwood Senior Center! Sign out equipment from the 2nd floor office and be on your way to some fun in the sun!

TROUT BROOK TRAVELERS...It's time to put on your walking shoes and stroll along the brook where flora and fauna abound! Access to the paved, marked path is located by the lower parking lot. Elmwood Senior Center will help organize times and days for outdoor adventure. Please leave your name and phone number at 860.561.8180. Staff has information on other area walks and hikes and will be glad to share with interested nature-lovers! "Step Up To Health"!

THESE ACTIVITIES ARE FREE FOR MEMBERS!



GREATER HARTFORD PULMONARY FIBROSIS SUPPORT GROUP

Elmwood Senior Center will be the host site for a newly-organized Pulmonary Fibrosis Support Group. The meeting will take place from 1-3 pm on the second floor of the facility. Meetings will continue year-round on the 3rd Tuesday of every month. The meetings are open to all, including family members, caregivers, and friends, and will be facilitated by Mal Doyle. He may be contacted at 860-805-0505 OR at nervymal@gmail.com for further information.



According to the PULMONARY FIBROSIS FOUNDATION: "Participating in a support group may improve your emotional well-being and have a positive impact on your health by offering you an opportunity to connect with others who are facing similar experiences, obtain practical information, and to receive support.

Support groups can also be a valuable resource for your caregivers, other family members, and friends. Please remember, a support group should not replace treatment from your doctor."

Pulmonary Fibrosis
FOUNDATION

ELMWOOD COLLECTS

Elmwood Senior Center is a year-round collection site for the Town That Cares Food Pantry. A basket for canned and dried goods, as well as personal care items, is outside the elevator on the second floor.



We also collect for the **GREATER HARTFORD HOST LION'S CLUB**: eyeglasses, sunglasses, cases and hearing aids. The collection box is on the second floor near the elevator.



Cheer & Care



The Elmwood Senior Center will send Sympathy, Thinking of You and Get Well cards to our members. If you know of anyone who lost a loved one or who is facing a health or life challenge, please call 860-561-8180 with the person's name and address. A card with a personal message can brighten a day and uplift spirits. Thank you for caring.

WITH SYMPATHY

The Elmwood Senior Center extends deepest sympathy to:

Terri Page & Family on the passing of Austin Page.

Barbara Bjorklund & Family on the passing of Russell Bjorklund.

Ethel & Jim Gardiner on the passing of Ethel's Sister, Lillian.

Ida Mendes on the passing of her cousin, Palmira Silva.

Family of Guy Dyer.

Julio & Michelle Santos & Family on the passing of Nancy Santos.

Jan Hasenjager on the passing of her son.

WELCOME TO OUR NEW MEMBERS

Jim Barletta, Rose Marie Beaulieu, Geraldine Biel, Dr. Mary Borromey, Elda Bowen, Samuel Bowen, Viola Brown, Christine Buczynski, Michael Buczynski, Joan Chelli, Nunzio Chelli, Walter Cross, Robert DeCarli, Sue Deffenbaugh, Terry Dias, Virgil Dias, Eva Espinosa, Marsha Faith, Edna Farrell, Elizabeth Ferreira, Robert Gallagher, Mattie Gary, Kathleen Gauthier, Lynn Hudak, George Kerr, Barbara Kielbasa, Helen Kosmin, Richard Landers, John Leahy, Don Lemieux, William MacDonnell, Sandy Manzone, Gail Newman, Karen Noel-Freda, Marisa Pitruzzello, Alison Quinon, Linda Shugrue, Susan Tackach, Nancy Tellgmann, and Maxine Yarbrough.

ELMWOOD SENIOR CENTER "WISH LIST"

Coffee, tea, bird seed and suet cakes, donations to the Little Boutique, Lion's Club used eyeglass collection, canned, and dried goods, paper products and personal care items for "Town That Cares" Food Pantry. Exercise balls and leg weights for toning class. Special events, office and lunch room volunteers needed. ***VOLUNTEER TO MAINTAIN BIRD BATH AND FILL BIRD FEEDERS WEEKLY.***



The Little Boutique

Hours: Monday-Thursday, 9:30 a.m.-3:30 p.m.

Closed Fridays. Monthly shelf rentals: \$10.

Shelf items change from day to day with new items, value-priced, continually coming in and available for purchase. Boutique sells hand-crafted items as well as gently used jewelry, glassware, decorations, accessories and more!





“Vicki’s” Coffee Corner

Named for Vicki Heller, 102-year old member and long-time volunteer who moved to Florida. She’s missed, but forever remembered.

IMPORTANT ANNOUNCEMENT: Due to elevator repair taking place in September, **COMPLIMENTARY COFFEE** will be held on the first floor in Room 18 kitchen. Special thanks to Ruth Herr and volunteers for working together for our members!

Room 29/211, 2nd floor

Monday-Friday, 9:00-11:30 a.m.

Ruth Herr, Coordinator, Assisted by Volunteer Servers.

Thank you to our Co-Sponsors, Elmwood Pastry Shop, Stop and Shop and volunteers, who pick up breads and sweets throughout the week.

Elmwood Pastry



*“Being Sweet To You
Is Our Business”*



“TED TALKS”

facilitated by

Martha O’Neal, Researcher, Writer

Noon to 1:00 p.m.



Back by popular demand, Elmwood Senior Center will offer monthly “**TED TALK**” presentations on a variety of topics. After the films, which are 10-20 minutes in length, there will be a facilitated discussion. Martha O’Neal will have prepared talking points from her research to begin the conversation. There is **NO CHARGE** to attend but **REGISTRATION IS REQUESTED**. Three or more participants needed to hold each session.

Snacks/bag lunches encouraged.

July 17—From Life to Death: Beyond and Back, *Thomas Fleischmann*

August 21—Should You Live Your Resume or Your Eulogy, *David Brooks*

September 18—One Brick at a Time—You Can Do Anything You Put Your mind To, *Will Smith*

October 16—Prepare for a Good End of Life, *Judy MacDonald Johnston*

Free—Ongoing Veterans Coffee Hour

Monthly social for veterans, their spouses and family members.

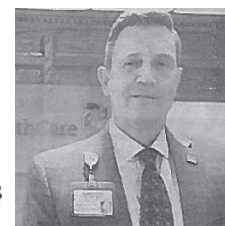
Wayne Rioux, Veterans Liaison at Hartford

Health Care at Home, facilitates the meetings on

the Second Wednesday of each Month, 10:30 to 11:30 a.m. July 11, August 8, September 12. Mr.

Rioux helps to connect veterans to each other and assists them in getting access to the benefits to which they are entitled. “Coffee and Donuts” courtesy of Elmwood Senior Center.

Hartford
HealthCare
Senior Services
Connect to healthier.™



MOVIES AND MUNCHIES, FRIDAY, 1-3 P.M. FREE POPCORN AND BEVERAGE. RM. 212
MOVIE SCHEDULE FOR July, August and September

July 6—Murder on the Orient Express, 2017, PG-13, 1 hour, 54 minutes.

Agatha Christie's classic mystery of a train ride through Europe on the famed Orient Express becomes the setting for murder when an American passenger is slain—and almost everyone on board is a suspect.

Cast: Kenneth Branagh, Penelope Cruz, William Dafoe.

July 13—Wonder, 2017, PG, 1 hour, 53 minutes.

Entering fifth grade will be momentous for Auggie—because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face.

Cast: Julia Roberts, Owen Wilson.

July 20—Only the Brave, 2017, PG-13, 2 hours, 13 minutes.

The heroic story of a team of local firefighters who—through hope, determination and sacrifice—become one of the most elite firefighting teams in the nation.

Cast: Josh Brolin, Jeff Bridges.

July 27—The Sandlot, 1993, PG, 1 hour, 41 minutes.

Eager to make new friends, new-kid-in-town, Scotty heads for the neighborhood sandlot, hoping to join a pickup baseball game. He's not any good, but the others grow to accept him. His joy turns to horror, though, when he launches a ball signed by Babe Ruth into the junkyard of a crotchety neighbor with a menacing dog.

Cast: Denis Leary, James Earl Jones, Karen Allen.

August 3—The Post, 2017, PG-13, 1 hour, 55 minutes.

When the "Washington Post" agrees to publish the leaked Pentagon Papers, which point to a secret escalation of the Vietnam War, the Nixon administration tries to block publication.

Cast: Tom Hanks, Meryl Streep.

August 10—The Greatest Showman, 2017, PG, 1 hour, 45 minutes.

Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the 3-ring circus and his infatuation with Swedish songbird, Jenny Lind.

Cast: Hugh Jackman, Zac Efron, Michelle Williams.

August 17—Kate & Leopold, 2001, PG-13, 1 hour, 58 minutes.

When her scientist ex-boyfriend discovers a portal to travel through time—and brings back a 19th century nobleman named Leopold to prove it—a skeptical Kate reluctantly takes responsibility for showing Leopold the 21st century.

Cast: Meg Ryan, Hugh Jackman, Liv Schreiber.

August 24—I, Tonya, 2017, R, 2 hours.

This biopic looks at the life and doomed career of ice skater Tonya Harding and her connection to one of the most infamous sports scandals in American history: the assault on rival Nancy Kerrigan before the 1994 Winter Olympics.

Cast: Margot Robbie, Sebastian Stan, Allison Janney.

August 31—Darkest Hour, 2017, PG-13, 2 hours, 5 minutes.

Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama that depicts his fearless refusal to surrender Britain to Adolf Hitler.

Cast: Gary Oldman, Kristen Scott Thomas.

September 7—Gifted, 2017, PG-13, 1 hour, 41 minutes.

When his sister dies, 30-something bachelor Frank Adler assumes the care of her 7 year old daughter. But his plans to raise her are threatened when the child reveals herself to be a math prodigy, and his mom suddenly gets involved.

Cast: Chris Evan, McKenna Grace.

September 14—Three Billboards Outside Ebbing, Missouri, 2017, R, 1 hour, 55 minutes.

When law enforcement fails to make headway on the months-long hunt for her daughter's killer, Mildred Hayes takes the drastic step of putting up 3 large signs questioning the motivation of the town's widely respected police chief.

Cast: Frances McDormand, Woody Harrelson, Sam Rockwell.

September 21—Wonder Wheel, 2017, PG-13, 1 hour, 41 minutes.

Venerated director Woody Allen looks back to the New York City of his youth in this 1950's drama set amid the surroundings of Coney Island amusement park, where love, greed, betrayal and youthful dreams coalesce.

Cast: James Belushi, June Temple, Justin Timberlake.

September 28—The Shape of Water, 2017, R, 2 hours, 3 minutes.

During the Cold War era, lonely Elisa works as a cleaning lady in a top-secret U.S. government laboratory. But her life is altered forever after she and a co-worker stumble upon a hush-hush experiment.

Cast: Sally Hawkins, Michael Shannon.

Offering both day and overnight trips, the Town's two senior centers have planned excursions to a variety of destinations. Travel aboard either the 24-passenger 'ELMWOOD EXPRESS', equipped with a handicapped left, or on a charter bus. Registration/payment may be made at either senior center. Refunds are given ONLY if seat can be filled from a wait list. Trip leaders supervise all travel.

DATE	TRIP	DEPART	RETURN
June 30, Saturday	Boston R.S. vs. NY Yankees, WHSC	3:30 pm	1:00 am
July 3, Tuesday	Mohegan Sun Casino, ESC.....	8:00 am	5:00 pm
July 8, Sunday	Hartford Yard Goats vs Portland Sea Dogs, WHSC	11:45 am	5:00 pm
July 12, Thursday	Manchester Treasures, Consignment, ESC.....	9:30 am	3:30 pm
July 14, Saturday	Maywood Gardens, ESC	9:00 am	2:30 pm
July 20, Friday	Sweden, New Haven, Ikea, ESC	9:30 am	3:30 pm
July 23, Monday	Buttonwood Farms, ESC	9:30 am	1:30 pm
July 24, Tuesday	Newport Playhouse Lobster Fest, WHSC	8:45 am	6:30 pm
July 26, Thursday	One World Trade/911 Museum, ESC	8:00 am	8:15 pm
August 1, Wednesday	Orioles vs. New York, NY, WHSC	9:30 am	7:30 pm
August 1, Wednesday	Goodspeed/Oliver, ESC.....	10:30 am	5:00 pm
August 5, Sunday	Carousel, Renee Fleming, NY, WHSC	9:45 am	9:00 pm
August 7, Tuesday	Mohegan Sun Casino, ESC.....	8:00 am	5:00 pm
August 9, Thursday	Old Saybrook Bargains, ESC	9:30 am	3:30 pm
August 12, Sunday	Lady Katharine, ESC.....	10:30 am	2:30 pm
August 15, Wednesday	Cyrano, Norma Terris, ESC	10:30 am	5:00 pm
August 20, Monday	Saratoga, WHSC.....	8:00 am	8:30 pm
August 22, Wednesday	Chorus Line, Ivoryton, ESC	10:30 am	5:00 pm
August 23, Thursday	Savin Rock Museum, ESC	10:15 am	3:30 pm
September 4, Tuesday	Mohegan Sun Casino, ESC.....	8:00 am	5:00 pm
September 12, Wed.	1877 Club, U of Hartford, ESC	11:00 am	1:45 pm
September 19, Wed.	Big E, ESC.....	9:00 am	4:00 pm
September 24, Mon.	Lost Acres, Granby, ESC	9:45 am	4:00 pm
September 26, Wed.	Drowsy Chaperone, ESC	10:30 am	5:00 pm
October 2, Tuesday	Mohegan Sun Casino, ESC.....	8:00 am	5:00 pm
October 3, Wednesday	Belmont Park Raceway, WHSC	8:30 am	9:00 pm
October 9, Tuesday	Fine Dining, Curtis House Inn, ESC	10:45 am	2:30 pm
October 12, Friday	CT Historical & Winery, East Haddam, ESC	10:00 am	4:00 pm
October 18, Thursday	Pumpkin Town, ESC.....	10:00 am	3:30 pm

Boston Red Sox vs New York Yankees in NYC, Saturday, June 30

Today we will travel to Yankee Stadium to see baseball rivals the Boston Red Sox and New York Yankees. See slug-gers Aaron Judge, Giancarlo Stanton, Mookie Betts and more. Our seats are in left field section 234. Game time is 7:15 p.m.

Depart: 3:30 p.m.

Estimated Return: 1:00 a.m.

Cost: \$140M; \$150NM

Trip Leader: Ned Skinnon CHARTER

DEPARTS FROM WEST HARTFORD SENIOR CENTER

Mohegan Sun Casino, Tuesday, July 3

Included in the fee are two vouchers. One voucher is for a free bet. The second voucher can be used for a free bet or a free meal at the buffet or any restaurant of your choice. All attendees must have the physical and cognitive ability to safely navigate long and crowded walking distances (or be accompanied by a caregiver who can assist an attendee) in order to meet strict Mohegan Sun departure times.

Depart: 8:00 a.m.

Estimated Return: 5:00 p.m.

Cost: \$25M; \$35NM

Trip Leader: Kathy Wilcox

DEPARTS FROM ELMWOOD SENIOR CENTER

Hartford Yard Goats vs Portland Sea Dogs, Sunday, July 8

Join us for an afternoon game at Dunkin' Donuts Park in Hartford. Two ticket options. Enjoy the 2.5 hour all-you-can eat buffet OR sit in Section 124 (outfield premium swivel seats shaded) and eat on your own. Pricing varies.

BUFFET Cost: \$42M; \$52NM **SECTION 124 (Eat on Your Own)** Cost: \$24M; \$34NM

Depart: 11:45 a.m. **Estimated Return: 5:00 p.m.**

Trip Leader: Deborah Kennedy

DEPARTS FROM WEST HARTFORD SENIOR CENTER

Manchester Treasures, Consignment, Thursday, July 12

The Elmwood Senior Center will be traveling to Manchester. The first stop will be at Just Like New. They feature upscale women's clothing, jewelry, accessories and home goods. The second stop will be at Consignment Originals. This is their new store where they stock well-known designer brands of clothing for women of all ages at great, affordable prices. Socialize and catch up with friends at The Olive Garden (lunch on your own). After lunch, our last stop will be at the Christmas Tree Shop.

Depart: 9:30 a.m. **Estimated Return: 3:30 p.m.** **Cost: \$28M; \$38NM**

Trip Leader: Nancy Kunak

DEPARTS FROM ELMWOOD SENIOR CENTER

Maywood Gardens, Saturday, July 14

Take a tour of the beautiful gardens located on the private Maywood Estate in the bucolic Litchfield Hills. The garden is closed to the public, but the estate is opening the garden for visitors on this special day. The tour includes the gazebo and pool garden, sunken perennial garden as well as the grotto garden. The tour benefits the National Garden Conservatory. Take time to sit, read or sketch in these beautiful surroundings. After touring the beautiful garden, we will visit The Bridgewater Village Store which sells products grown at the Maywood Estate farm (plants, produce, maple syrup, honey, eggs). Lunch will be on your own at the village store which has a vast selection of delicious deli sandwiches, donuts, scones, fresh baked pies, and tortes. The Village Store is also the original home of Bridgewater Chocolates, so be sure to pick some up on your visit. Note: Not all of the garden tour is handicapped accessible, but there is still plenty to see and resting spots if needed.

Depart: 9:00 a.m. **Estimated Return: 2:30 p.m.** **Cost: \$43M; \$53NM**

Trip Leader: TBA

DEPARTS FROM ELMWOOD SENIOR CENTER

Sweden by Way of New Haven, IKEA, Friday, July 20

You don't have to take a flight across the pond to get a taste of Sweden. Just hop on the Elmwood Express and scoot down I-91 for our trip to the world-famous IKEA. As you know, IKEA specializes in affordable, innovative and stylish home goods. The store sells everything from plants to rugs to gorgeous dinnerware. They have everything for your home! Don't want to bring your purchase back on the bus? IKEA also delivers. So make your list, check it twice and join us for a fun afternoon of adventures and new discoveries! Enjoy lunch on your own at the fabulous in-store restaurant where everything from fresh, sustainably-sourced salmon to Swedish meatballs are on the menu.

Depart: 9:30 a.m. **Estimated Return: 3:30 p.m.** **Cost: \$35M; \$45NM**

Trip Leader: Nancy Kunak

DEPARTS FROM ELMWOOD SENIOR CENTER

Buttonwood Farms-Sunflowers for Wishes-Griswold, Monday, July 23

Travel to Buttonwood Farms and enjoy over 300,000 bright yellow sunflower blooms. Purchase a bouquet to take home. All proceeds from sunflower sales go to Make-a-Wish Foundation! Enjoy scenic country views while savoring Buttonwood Farms' fresh ice cream and whipped cream. Flavors include Chocolate Brownie Batter, Forbidden Silk Chocolate, Maple Walnut (with real maple syrup)! Sack lunch from Hall's Kitchen included. Rain date: July 27th. Lunch includes a bottle of water, fruit, chips, cookie & sandwich choice: Turkey on a hard roll w/ American, lettuce & tomato; Ham on a hard roll w/ Swiss, lettuce & tomato; Roast beef on a hard roll with provolone, lettuce & tomato; Hummus wrap w/ veggies.

Depart: 9:30 a.m. **Estimated Return: 1:30 p.m.** **Cost: \$41M; \$51NM**

Trip Leader: Kathy Wilcox

DEPARTS FROM ELMWOOD SENIOR CENTER

Newport Playhouse Lobster Fest, Tuesday, July 24

Enjoy a great buffet featuring Boiled Lobster (1 per person), Shrimp Cocktail, Clam Chowder, Salads, Hot & Cold Entrées, Desserts, and Beverage. After dining, take your reserved seats in the theatre to watch the Romantic Comedy "No Tell Motel" by Michael Wilmot. After the play, return to the dining room for the Cabaret Show.

Depart: 8:45 a.m. **Estimated Return: 6:30 p.m.** **Cost: \$99M; \$109NM**

Trip Leader: Deborah Kennedy *CHARTER*

DEPARTS FROM WEST HARTFORD SENIOR CENTER

One World Trade & 9/11 Museum, Thursday, July 26

Visit The National September 11 Memorial Museum and its reflecting pools (each nearly an acre and feature the largest manmade waterfalls in North America). Spend time at Chelsea Market (part of the High Line Infrastructure & park). Chelsea Market is the original Nabisco complex. Now, it is the home of many restaurants, TV studios and food stores. Visit the stores in the historical space, get lunch on your own, or walk the High-Line. Later, go to One World Observatory for a 360 degree view of NYC. Tour Guide included.

Depart: 8:00 a.m. **Estimated Return: 8:15 p.m.** **Cost: \$110M; \$120NM**
Trip Leader: Kathy Wilcox *CHARTER* *DEPARTS FROM ELMWOOD SENIOR CENTER*

New York Yankees vs Orioles in New York, Wednesday, August 1

Today's game at Yankee Stadium is a matinee contest with the popular Baltimore Orioles led by slugger Manny Machado and Chris Davis vs the New York Yankees. Seats are in Section 234 rows 13 - 16. *CHARTER*

Depart: 9:30 a.m. Game Time: 1:05 p.m. **Estimated Return: 7:30 p.m.** **Cost: \$40M; \$50NM**
Trip Leader: Ned Skinnon *DEPARTS FROM WEST HARTFORD SENIOR CENTER*

Goodspeed/Oliver, Wednesday, August 1

Charles Dickens' beloved orphan makes his Goodspeed debut in the hope-filled musical set in the dark shadows of Victorian London. Bounced from workhouse to forced labor, Oliver Twist escapes to the streets where he meets Fagin, the Artful Dodger and a band of child pickpockets. Will he find love, home and happiness before it's too late? Smash hits include: "Where is Love?", "Food! Glorious Food" and "As Long as He Needs Me." Lunch will be at La Vita Gustosa, across the street from Goodspeed. Meal starts with a house salad and ends with mini cannoli and coffee, tea or soda. Entrees are: Chicken piccata (sautéed chicken breast with capers and garlic in a lemon-white wine sauce over linguini); Lasagna (sheets of pasta layered with ricotta, ground beef sausage topped with marinara sauce and mozzarella) or baked stuffed sole (baked filet of sole with seafood stuffing served with herb-rice).

Depart: 10:30 a.m. **Estimated return: 5:00 p.m.** **Cost: \$115M; \$125NM**
Trip Leader: Gilda Iaia *DEPARTS FROM ELMWOOD SENIOR CENTER*

Carousel starring Renee Fleming - Imperial Theatre New York, Sunday, August 5

Nominated for 10 Tony Awards, Joshua Henry, Jessie Mueller and Renée Fleming star in Rogers and Hammerstein's second musical Carousel. Enjoy a family style lunch at Carmine's before the show. There will be a several block walk between restaurant, theatre and bus pickup. *CHARTER*

Depart: 9:45 a.m. **Estimated Return: 9:00 p.m.** **Cost: \$ 225M; \$ 235NM**
Trip Leader: Deborah Kennedy *DEPARTS FROM WEST HARTFORD SENIOR CENTER*

Mohegan Sun, Tuesday, August 7

See write-up under July 3.

Depart: 8:00 a.m. **Estimated Return: 5:00 p.m.** **Cost: \$25M; \$35NM**
Trip Leader: Kathy Wilcox *DEPARTS FROM ELMWOOD SENIOR CENTER*

Old Saybrook Bargains, Consignment, Thursday, August 9

Today we will stop at Fantasia where they offer fine fashions for women at affordable prices and a large selection of accessories. Our second stop will be The Estuary Thrift Shop. This place is the best kept secret on the shoreline-full line of clothing for the entire family, household décor and much more at incredible prices! The next stop will be lunch on your own at Lenny & Joe's, known statewide for its fresh seafood. Our last stop will be The Cedar Chest, a store new to Old Saybrook, where they sell high-end clothing and accessories for women as well as home décor at affordable prices.

Depart: 9:30 a.m. **Estimated Return: 3:30 p.m.** **Cost: \$35M; \$45NM**
Trip Leader: Nancy Kunak *DEPARTS FROM ELMWOOD SENIOR CENTER*

Lady Katharine Cruise, Sunday, August 12

Join us for a beautiful, smooth scenic cruise down the CT River while you enjoy a delicious brunch. Included in the brunch—fresh fruit, mini Danish, muffins, strudel, coffee, tea, bread, frittata, home fried potatoes, French toast, carving board, chicken, salmon, tenderloin tips of beef and meatless lasagna. Also included are salad and dessert. Cash bar available for soda, beer, wine, etc. Live entertainment on the upper deck.

Depart: 10:30 a.m. **Estimated Return: 2:30 p.m.** **Cost: \$70M; \$80NM**
Trip Leader: Gilda Iaia *DEPARTS FROM ELMWOOD SENIOR CENTER*

Cyrano/Norma Terris Theater, Wednesday, August 15

The legendary romance about a proud and impassioned poet who ghostwrites love letters is rekindled in a timeless and unconventional new musical. Cyrano agrees to woo his true love Roxanne on behalf of another in this classic tale of unrequited love. New music by members of the Grammy Award winning band, The National, drives this story of mistaken identity, selfless courage and buried desire. Lunch will be at The Town Tavern. Entrees include: Chicken Marsala, sautéed chicken with mushrooms in marsala wine sauce served over pasta; Lasagna, ground pork and beef, mozzarella and ricotta cheese; Veal Sorrentino, sautéed veal, stuffed with ham, provolone cheese and eggplant topped with marinara sauce and cheese served with pasta; or Shrimp Scampi, sautéed in garlic butter sauce with pasta. All meals include freshly baked bread and soft drinks. We will end our meal with Chef's choice for dessert and coffee or tea.

Depart: 10:30 a.m.**Estimated Return: 5:00 p.m.****Cost: \$94M; \$104NM***Trip Leader: Gilda Iaia***DEPARTS FROM ELMWOOD SENIOR CENTER****Saratoga Raceway, NY, Monday, August 20**

We will begin with a stop at the popular Gateway Diner/Restaurant for a bountiful buffet brunch. After brunch we're off to Saratoga Park. We have reserved grandstand seats for the afternoon races. We will depart after the last race. There is an average amount of walking, mostly from the bus yard to you seat. Fast food stop on the return trip.

Depart: 8:00 a.m.**Estimated Return: 8:30 p.m.****Cost: \$75M; \$85NM***Trip Leader: Deborah Kennedy* **CHARTER****DEPARTS FROM WEST HARTFORD SENIOR CENTER****Chorus Line, Ivoryton, Wednesday, August 22.**

The show opens in the middle of an audition for an upcoming Broadway production. The formidable director and his assistant choreographer put the dancers through their paces. Every dancer is desperate for work. After the next round of cuts, 17 dancers remain. The director tells them he is looking for a dancing chorus of 4 boys and 4 girls. He wants to learn more about them and asks the dancers to introduce themselves. With reluctance, the dancers reveal their pasts. Hit songs include: One, What I Did for Love and I Can do that. Lunch will be at the Blue Hound, across the street from Ivoryton. Menu choices are: boneless chicken breast with creole, parmesan cream sauce; fish & chips; grilled salmon (honey pecan dressing with rice); Meatloaf and mashed potatoes. We will also have corn bread, house salad, tea or coffee and ice cream with caramel sauce.

Depart: 10:30 a.m.**Estimated Return: 5:00 p.m.****Cost: \$85M; \$95NM***Trip Leader: Gilda Iaia***DEPARTS FROM ELMWOOD SENIOR CENTER****Savin Rock Museum--West Haven, Thursday, August 23**

Take a trip down Memory Lane. Our first stop will be Duffy's Tavern for lunch on your own. Duffy's is wonderful little Irish tavern. The menu includes delicious apps like crostini and baked stuffed clams; sandwiches like the Godfather Melt, Cabo Turkey Burger and delicious entrees like Flounder Piccata and soups and salads. After lunch, enjoy a private tour of the Savin Rock Museum. Savin Rock was the Coney Island of Connecticut. The museum hosts an amazing exhibit from Savin Rock's past including relics and pictures. They also have historical items dating back to colonial times. Join us for an afternoon of nostalgia and fun.

Depart: 10:15 a.m.**Estimated Return: 3:30 p.m.****Cost: \$43M; \$53NM***Trip Leader: Nancy Kunak***DEPARTS FROM ELMWOOD SENIOR CENTER****Mohegan Sun Casino, Tuesday, September 4**

See write-up under July 3.

Depart: 8:00 a.m.**Estimated Return: 5:00 p.m.****Cost: \$25M; \$35NM***Trip Leader: Kathy Wilcox***DEPARTS FROM ELMWOOD SENIOR CENTER****1877 Club, University of Hartford, Wednesday, September 12**

(This is a tentative date and may be changed if 1877 Club revises their schedule).

Join us for a FANTASTIC buffet lunch which includes numerous entrees, desserts, salads and many other items too numerous to mention. This is a trip you don't want to miss. There are so many choices and unlimited number of times you may go back and refill. You won't be disappointed.

Depart: 11:00 a.m.**Estimated Return: 1:45 p.m.****Cost: \$25M; \$35NM***Trip Leader: Gilda Iaia***DEPARTS FROM ELMWOOD SENIOR CENTER**

Big E, Wednesday, September 19

It is Connecticut Day at The Big E! Join us for a great day of food, fun, fascinating exhibitions and entertainers. Shopping is fantastic here--pottery, jewelry, items from around the world, Yankee Candle, and woodworking. Visit the Connecticut building for mushrooms, oysters, and apple crisp. There are landscape and floral design exhibits, Christmas wreath-making exhibit, the 4-H horse show and so much more. Make sure to visit the relatively peaceful Storowtown Village with its beautiful green and historic buildings, and 19th century craft demonstrations. Of course, you can't forget the once-a-year fair food! Where else can you get the Big E Cream Puff, cowboy nachos, a glazed donut filled with vanilla ice cream and fried butter balls. Don't miss it!

Depart: 9:00 a.m.**Estimated Return: 4:00 p.m.****Cost: \$30M; \$40NM***Trip Leader: Kathy Wilcox**DEPARTS FROM ELMWOOD SENIOR CENTER***Lost Acres-Granby, Monday, September 24**

Join us for a fun-filled day in Granby! We will visit Clark Farms at Bushy Hill Orchard where they make delicious ice cream and have an apple barn store. Next we will go to the Sweet Pea Cheese Farm where they create luscious cow and goat cheeses, along with specialty foods. Sweet Pea's tradition goes back eight generations. Lunch will be on your own at The Cambridge House Brew Pub, a Granby favorite. Our final stop will be the Lost Acres Vineyard, a beautiful working vineyard and farm.

Depart: 9:45 a.m.**Estimated Return: 4:00 p.m.****Cost: \$32M; \$42NM***Trip Leader: Nancy Kunak**DEPARTS FROM ELMWOOD SENIOR CENTER***Goodspeed/Drowsy Chaperone, Wednesday, September 26**

In this hilarious valentine to show tunes and show people, a forgotten Jazz Age musical comes to life in the living room of a diehard theater fan. As he eagerly spins his favorite cast album, a fuzzy vintage show suddenly appears, exploding with song, dance and pure entertainment. Our quirky narrator fills the plot holes with laugh-out-loud results. Packed with show-stopping numbers and larger-than-life characters, here's a Tony Award-winning spoof that will have everyone falling in love with zany musical comedy! Songs include: I remember Love; Hello, and Fancy Dress. Lunch will be at the Griswold Inn. Menu choices are: sliced sirloin in a wine sauce or pan-seared salmon in a cream sauce. The meal starts with a potato bisque soup and ends with an apple turnover with whipped cream and coffee or tea.

Depart: 10:30 a.m.**Estimated Return: 5:00 p.m.****Cost: \$115M; \$125NM***Trip Leader: Gilda Iaia**DEPARTS FROM ELMWOOD SENIOR CENTER***Mohegan Sun Casino, Tuesday, October 2**

See write-up under July 3.

Depart: 8:00 a.m.**Estimated Return: 5:00 p.m.****Cost: \$25M; \$35NM***Trip Leader: Kathy Wilcox**DEPARTS FROM ELMWOOD SENIOR CENTER***Belmont Park Raceway, Wednesday, October 3**

We arrive late morning and proceed to the 4th floor Garden Terrace where we will dine overlooking the finish line. Buffet lunch includes fruit and salad bar, soup and fresh bread station and entrees that include a beef or pork dish, chicken and daily catch, accompanied by seasonal vegetables and a chef's choice of side dish and desserts. A Kosher option is available when ordered at time of registration. Price includes admission, race day program, tax and gratuity. We will have our own betting windows for your convenience. Fast food stop on the return trip. CHARTER

Depart: 8:30 a.m.**Return: 9:00 p.m.****Cost: \$75 M; \$85NM***Trip Leader: Ned Skinnon**DEPARTS FROM WEST HARTFORD SENIOR CENTER***Fine Dining, Curtis House Inn, Tuesday, October 9**

The Curtis House Inn is the oldest Inn in Connecticut and was established in 1754. Located in South Woodbury it has been in the Hardisty Family since 1954. The Inn is very charming and quaint and is known for its excellent food. Menu choices are: Curtis House Roast Turkey (sausage and herb stuffing, mashed potatoes, roasted vegetables and cranberry sauce), Grilled Salmon (rice pilaf and roasted vegetables) or Grilled New York Sirloin (8 ounces) with sauteed onions and mushrooms, mashed potatoes and roasted vegetables. All meals start with a house salad with dill dressing, rolls and butter. We will conclude our meal with apple crisp with ice cream and tea or coffee.

Depart: 10:45 a.m.**Estimated Return: 2:30 p.m.****Cost: \$39M; \$49NM***Trip Leader: Gilda Iaia**DEPARTS FROM ELMWOOD SENIOR CENTER*

Connecticut History and Wine—East Haddam, Friday, October 12.

Enjoy a taste of Connecticut History and wine! On this trip, we will visit the resting place of Venture Smith, one of the most important historical figures and residents of Connecticut. We will visit Staehly Farm Winery where they grow beautiful plants and flowers and create delectable wines. Lunch will be on your own at Jack's Place, a local favorite located on a beautiful golf course. Their menu includes affordable and tasty choices such as Guinness Brat on a Pretzel Roll, salads, burgers, sandwiches and wraps. We will also stop by the Nathan Hale Schoolhouse. If the East Haddam Historical Society's schedule allows, we will also visit this amazing repository of early East Haddam and Connecticut history.

Depart: 10:00 a.m.**Estimated Return: 4:00 p.m.****Cost: \$37M; \$47NM***Trip Leader: Nancy Kunak**DEPARTS FROM ELMWOOD SENIOR CENTER***Pumpkintown, USA-East Hampton****Thursday, October 18**

History, a covered bridge and more! The Elmwood Express is heading to East Hampton to visit the Comstock Covered Bridge which crosses the beautiful Salmon River. It is one of the few remaining covered bridges in our state. We have a stop for lunch on your own at Sadler's Ordinary. After lunch, we'll head to Pumpkintown, USA where there is a mile-long hay ride, trading post and pumpkin-headed characters.

Depart: 10:00 a.m.**Estimated Return: 3:30 p.m.****Cost: \$37M; \$47NM***Trip Leader: Nancy Kunak**DEPARTS FROM ELMWOOD SENIOR CENTER*

Door-to-Door Service

In an effort to meet transportation costs as well as the request of our ESC members, the ESC now offers roundtrip door-to-door service for a service fee of \$5 (paid separately from trip cost). Trip attendees who use this service must be West Hartford residents. Door-to-door is offered for Elmwood Express trips only.



Holiday Hill Statewide Senior Outing, Monday, August 20,

9:00 a.m. - 4:00 p.m.**43 Candee Road, Prospect, CT**

Holiday Hill is once again hosting their fun and food-filled outing. This event is an all-day picnic featuring food, drinks, dancing and games. There will be ice cream treats from the ice cream truck, bocci, horseshoes, bingo with prizes, heated pools (with lifeguard) and Budweiser on tap.

The day begins with an unlimited breakfast buffet (bagels, Danish, donuts, fresh assorted muffins). Lunch includes an unlimited buffet of clams, oysters, cheese, clam chowder, veggies, Hummel hot dogs, hamburgers, Italian sausage, baked chicken, baked penne and salads. Beverages including soda, tea, coffee, punch, milk and water are available all day. This is not an ESC trip or event. Parking is free.

\$34 per guest (all inclusive). Tickets will be available for purchase by the end of June. Call 800-533-0029 directly by August 10, 2018 to purchase your non-refundable tickets by credit card.

Checks are payable to Holiday Hill and should be mailed to Holiday Hill, P.O. Box 338, Cheshire, CT 06410.

FUTURE TRIPS

November—Carmen, New York, WHSC

December—Mark Twain Holiday House, ESC

December—Wadsworth Museum, Festival of Trees, ESC

December—Christmas Carol, Norma Terris, ESC

December—Christmastown, Bethlehem, ESC

December—Sinatra & Bing, Aqua Turf, ESC

MONDAY	TUESDAY	WEDNESDAY
8:45 Energy Hour 9:00 Choices Counseling 9:30 Bridge Drop-In 9:30 Mah Jongg 10:00 Yoga 10:00 Roll Call 10:30 Tai Chi Inter/Adv 11:30 Tai Chi Beginner 12:30 Set Back 12:30 Mah Jongg 12:45 Chicago Bridge 1:00 Silver Sneakers 1:00 Scrabble 3:00 Chair Yoga 4:00 Yoga 6:15 Zumba Drop-In	9:30 Duplicate Bridge 10:00 Peer Play 10:00 Weight Watchers 11:15 Ageless Grace 12:45 Strength & Fitness 1:30 Strength & Fitness 2:15 Strength & Fitness 1:00 Latin Flow 1:00 Marvin's Art 1:00 Big Time-Parkinson's Exercise 1:00 Mah Jongg 1:00 Canasta 1:00 Dominos/Scrabble/Pinochle 3:00 Mahjongg Lessons	8:45 Energy Hour 10:00 Line Dancing 10:30 Hindi Beginner 12:15 Mah Jongg 1:00 Scrabble/Shanghai 1:00 Lively Minds 2:15 Chair Yoga 7:00 Zumbo Drop-in
THURSDAY	FRIDAY	SATURDAY
8:30 Tai Chi Int/Advanced 11:15 Wii Bowling 9:30 Tai Chi Intermediate 9:30 Hebrew 9:30 Weight Watchers 11:00 Yiddish 11:15 Spanish Conversational 11:15 Ballroom Dance Beginner 12:00 Ballroom Dance Advanced 12:30 Mah Jongg 12:45 Strength & Fitness 1:30 Strength & Fitness 2:15 Strength & Fitness 1:00 Movie 1:00 Dance/ Pinochle 1:00 Big Time-Parkinson's Exercise 5:45 Weight Watchers 6:15 Zumba Drop-In	8:45 Energy Hour 9:15 ASL 9:00 Social Knitting 10:00 French Conversational 10:00 Line Dance Sampler 10:15 Matter of Balance 12:15 Mah Jongg 12:30 Setback 12:30 Sharpen Your Mind 1:00 Bingo 2:00 Opera	8:30 Weight Watchers 8:30 Zumba Drop-In 9:45 Yoga



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JULY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	10:00A Alzheimer's Support Group 1:30P Rent Rebate	4 Closed Holiday Independence Day	5 1:00P Movie: Call Me By Your Name	6 9:00A Rent Rebate	7 11:45A Hartford Yard Goats
9	10 9:00A Bagel Brkfst 1:30P Rent Rebate	11 11:00A Director's Tour 1:00P Lunch & Learn October Kitchen	12 1:00P Movie: The Shape of Wonder	13 9:00A Rent Rebate 7:00P Meditation	14
16	17 1:30P Rent Rebate 2:15P Balance Screening	18 12:00P Senior Picnic Town Hall	19 1:00P Movie: The Post	20 9:00A Rent Rebate	21
23	24 8:45A Newport Playhouse Trip 10:00A Book Discuss 10:30A Watercolor w/Régina 1:30P Rent Rebate	25 9:00A Smart Drive 1:00P Thanksgiving in July Tales of New England Ostomy	26 1:00P Movie: Battle of the Sexes	27 9:00A Rent Rebate	28
30	31 1:30P Rent Rebate 5:00P Game Night				

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30A Orioles vs Yankees 1:00P Paint Party	2 9:00A Blood Pressure 1:00P Movie: Bleed for This	3 9:00A Rent Rebate 7:00P Meditation	4 9:45A Carousel Trip Departs
6	7 10:00A Alzheimer's Support Group 1:30P Rent Rebate	8 9:00 Choices	9 1:30P Health & Wellness 1:00P Movie: Molly's Game	10 9:00A Rent Rebate	11
13 9:00A Choices	14 9:00A Bagel Breakfast David Silverstone 1:30P Rent Rebate	15 1:30P Butterflies of the World	16 9:00A Blood Pressure 1:00P Movie: Landline	17 9:00A Rent Rebate	18
20 8:00A Depart Saratoga Trip 9:00A Choices	21 1:30P Rent Rebate 2:15 Balance Screening	22	23 1:00P Movie: All the Money in the World	24 9:00A Rent Rebate	25
27 9:00A Choices	28 10:00A Book Discussion 5:00P Jukebox Bingo 1:30P Rent Rebate	29 9:00 Smart Driver	30 1:00P Movie: Paddington2	31 9:00A Rent Rebate	

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3 CLOSED LABOR DAY	4 10:00A Alzheimer's Support Group 1:30P Rent Rebate	5 9:00 Choices 2:00P Hot Fudge & Fiddles	6 9:00A Blood Pressure 1:00P Movie: Sister Act	7 9:00A Rent Rebate 10:00A Welcome Chief Riddick	8
10 9:00A Choices	11 9:00A Bagel Breakfast Naked Baking Ladies 1:30P Rent Rebate	12 11:00A Director's Tour	13 1:00P Movie: LBJ	14 9:00A Rent Rebate	15
17 9:00A Choices	18 Yom Kippur 1:30P Rent Rebate	19 10:30A Hindi Language 1:00P Jeopardy	20 9:00A Blood Pressure 1:00P Movie: Game Night	21 9:00A Rent Rebate 10:15A Matter of Balance	22
24 9:00A Choices	25 10:00A Book Discussion 1:30P Rent Rebate 2:15 Balance Screening 5:00P Social Security	26 9:00A Smart Drive 10:30A Hindi Language	27 8:00A Golf Tournament Rockledge 1:00P Movie: Paris Can Wait 3:00P Asian Religions	28 9:00A Rent Rebate 10:00A American Sign Language 10:15A Matter of Balance	29

ART CLASSES

Art, Marvins

Individualized and constructive teaching of different forms of art, including line drawing, pastels, acrylic and watercolor. Must bring your own supplies. Instructor: Marvin Bachner. No Class 9/18

551902A	Tue	1:00-3:00P	6/19-8/7	8 sessions	\$32M/ \$37R/ \$42NR
551902B	Tue	1:00-3:00P	8/14-10/9	8 sessions	\$32M/ \$37R/ \$42NR
552902A	Tue	1:00-3:00P	10/16-12/4	8 sessions	\$32M/ \$37R/ \$42NR

Watercolor with Regina- Wet in Wet

This is a new experience for this class. This technique involves wetting the paper before beginning to paint. When the paint is applied to the wet paper, the colors will spread out magically; mingle together; and look hazy and misty with surprising results! You will love this class! We can again focus on creating our own greeting cards. Limited to 8 participants. Instructor: Regina Pompa Burgio

551907A	Tue	10:30A-12:00P	7/24	1 session	\$8M/ \$10R/ \$12NR
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DANCE CLASSES

Ballroom Dance, Beginner

This instructional course will teach the basics of dances including Foxtrot, Rumba and American style Tango. Stay after class to practice what you've learned at our Senior Dance featuring the Hi-Tones. Instructor: Wendy Nielsen No Class 11/22

551916A	Thu	11:15A-12:00P	7/5-8/23	8 sessions	\$35M/ \$40R/ \$45NR
552916A	Thu	11:15A-12:00P	8/30-10/18	8 sessions	\$35M/ \$40R/ \$45NR
552916B	Thu	11:15A-12:00P	10/25-12/20	8 sessions	\$35M/ \$40R/ \$45NR

Ballroom Dance, Advanced

Enhance your skills with dances including Foxtrot, Rumba and American Style Tango. Members are strongly encouraged to remain for the full combined class and share their experience with the beginning students. Instructor recommendation necessary to attend this class. Instructor: Wendy Nielsen. No Class: 11/22

551917A	Thu	12:00-12:45P	7/5- 8/23	8 sessions	\$35M/ \$40R/ \$45NR
552917A	Tue	12:00-12:45P	8/30-10/18	8 sessions	\$35M/ \$40R/ \$45NR
552917B	Tue	12:00-12:45P	10/25-12/20	8 sessions	\$35M/ \$40R/ \$45NR

Latin Flow

This class combines innovative Latin Dance-fitness moves, strength and resistance training. This workout will tone muscles, strengthen the core, and burn calories in a unique way with the usage of energizing world rhythms. Instructor: Karin Lewis. No Class: 6/19

554959A	Tue	1:00-2:00P	5/8-7/3	8 sessions	\$40M/ \$45R/ \$50NR
551959A	Tue	1:00-2:00P	7/10-8/28	8 sessions	\$40M/ \$45R/ \$50NR
552959A	Tue	1:00-2:00P	9/4-10/23	8 sessions	\$40M/ \$45R/ \$50NR

Line Dance

This popular class is designed for those who do not have a partner. Our line dance styles include Country-Western, swing, tango (it only takes one), rumba and favorite party dances. Come for the movement, enjoy the music and laughter. Instructor: Jim Gregory No Class: 7/4, 7/18

551920A	Wed	10:00A-12:00P	6/13-8/15	8 sessions	\$30M/ \$35R/ \$40NR
552920A	Wed	10:00A-12:00P	8/22-10/10	8 sessions	\$30M/ \$35R/ \$40NR

Line Dance Sampler

Can you Waltz without a partner? Can you do a Tango for One? Can you Country Line Dance without a honky-tonk bar? Yes, yes, yes and this class will give you a taste of how much fun it is. Not partnered, not alone-but with a lot of fun-loving senior dance students. Instructor: Jim Gregory No Class: 6/29, 7/20

554919B	Fri	10:00A-11:30P	5/25-7/27	8 sessions	\$32M/ \$37R/ \$42NR
551919B	Fri	10:00A-11:30P	8/3-9/21	8 sessions	\$32M/ \$37R/ \$42NR

LANGUAGE CLASSES

American Sign Language: Beginner Conversational

Learn the basic grammatical structure and vocabulary necessary to converse in American Sign Language, (ASL). Non-verbal nuances and deaf cultured aspects will be presented. Come join us and share in this interactive fun exploration of learning to communicate with sign language. Class materials to be provided by instructor. Instructor: Deb Thomson

552979A Fri 9:15-10:15A 9/28-11/16 8 sessions \$5M/\$12R/\$12NR

French Conversational

Interested in stimulating French conversation? Join this friendly and informal group. The group will determine conversations. The sessions require knowledge of the basics of French Instructor: Eliane Matarazzi No Class: 7/20, 8/10, 10/26

551973A Fri 10:00-11:30A 6/29-8/31 8 sessions \$10M/ \$12R/ \$14NR

552973A Fri 10:00-11:30A 9/14-11/9 8 sessions \$10M/ \$12R/ \$14NR

Hebrew For Beginners

Build a basic vocabulary, understanding the structure and meaning of words, and the fundamentals of grammar. Instructor: Connie Smilowitz No Class 8/30

551993A Thu 9:30-10:30A 7/12-8/23 7 sessions \$28M/ \$32R/ \$34NR

552993A Thu 9:30-10:30A 9/6-10/25 8 sessions \$32M/ \$36R/ \$38NR

Hindi For Beginners

NAMASTE! Want to stimulate your mind and have fun as well? Then come and join the HINDI class. Here we will focus on basic vocabulary, structure and meaning of the words and fundamentals of grammar. This simple and effective introduction will teach you to understand and learn to speak the language and even to read basic words and sentences. You can then **watch, understand and enjoy** Bollywood movies and other such entertainments.

Instructor: Nita Mitra

552989A Wed 10:30A-12:00P 9/19-10/24 6 sessions \$24M/ \$28R/ \$30NR

Spanish Conversational

If you can understand the following, you should join the Spanish Class. Los invitos a Uds. A participar en conversaciones sobre asuntos Corrientes, sobre literatura espanola, sobre chistes del mundo hispano. Wilson Maestre-Soto

551992A Thu 11:15A-12:45P 7/5-8/23 8 sessions \$10M/ \$12R/ \$15NR

552992A Thu 11:15A-12:45P 8/30-10/18 8 sessions \$10M/ \$12R/ \$15NR

Yiddish

Build a basic vocabulary, understanding the structure and meaning of words, and the fundamentals of grammar. Instructor: Connie Smilowitz. No Class:8/30

551994A Thu 11:00A-12:00P 7/12-8/23 7 sessions \$28M/ \$32R/ \$34NR

552994A Thu 11:00A-12:00P 9/6-10/25 8 sessions \$32M/ \$36R/ \$38NR

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EDUCATIONAL CLASSES

Asian Religions

These classes will begin with slide presentations followed by discussion. Religion deals with meaning and personal transformation. We will address these two themes as each of the five traditions explore pain and suffering, and the questions of "where we came from, who are we now, and where are we going?"

Topics include:

Hinduism: caste, mythology, gods and goddesses, yoga, and devotional life

Buddhism: life of the Buddha, meditation and non-violence

Tibetan religion: the Bodhisattva, mandala healing, and the Dalai Lama

Taoism: the five elements, the way of the Tao, nature and human culture, the path of attunement

Shamanism in Southeast Asia: personal souls, the shamanic journey, healing and rites of passage.

Instructor: Ellison Banks Findly, Ph.D, author and Professor - Trinity College.

552978A Thu 3:00-4:00P 9/27-10/25 5 sessions \$35M/ \$45R/ \$50NR



Asian Religions

These classes will begin with slide presentations followed by discussion. Religion deals with meaning and personal transformation. We will address these two themes as each of the five traditions explore pain and suffering, and the questions of "where we came from, who are we now, and where are we going?"

Topics include:

Hinduism: caste, mythology, gods and goddesses, yoga, and devotional life

Buddhism: life of the Buddha, meditation and non-violence

Tibetan religion: the Bodhisattva, mandala healing, and the Dalai Lama

Taoism: the five elements, the way of the Tao, nature and human culture, the path of attunement

Shamanism in Southeast Asia: personal souls, the shamanic journey, healing and rites of passage.

Instructor: Ellison Banks Findly, Ph.D, author and professor Trinity College.

552978 A Thursdays 3:00-4:00pm 9/27-10/25 5 sessions \$35 M; \$45 R; \$50 NR

EDUCATIONAL CLASSES CONT.

Lively Minds

Contribute your ideas in this guided discussion format. From word puzzles to newsworthy issues, we look for the answers that lie beyond the obvious. Our sessions are stimulating and fun. Facilitator: Jim Gregory No Class: 7/4, 7/18

551974A	Wed	1:00-2:00P	6/13-8/15	8 sessions	\$28M/ \$34R/ \$40NR
552974A	Wed	1:00-2:00P	8/22-10/10	8 sessions	\$28M/ \$34R/ \$40NR

Mah Jongg

Learn to play the American version of Mah Jongg, a brain stimulating board game of strategy, as well as an excellent memory exercise. Four persons usually play the game of ancient Chinese origin, but 3 or 5 can also play. There are 152 tiles drawn and discarded until one player has a winning hand. This class is for beginners and cards are included in your registration. The strategy, the luck, and using your brain on this highly skilled game are important but even more so, are the sisterhoods formed and friends made from playing Mah Jongg. This is a life long skill that can be played anywhere in the world. Lisa is a tournament director and has taught classes from beginner to master. She has played national Mah Jongg tournaments in Las Vegas and even owns a Mah Jongg marketplace online. Lisa is a new resident to West Hartford and has been playing weekly for 8 years.

Facilitator: Lisa Crawford

552976A	Tue	3:00P-5:00P	9/25-10/16	4 sessions	\$40M/ \$50R/ \$55N
552976B	Tue	3:00P-5:00P	10/23-11/13	4 sessions	\$40M/ \$50R/ \$55N

Opera

Opera to be discussed in September are I Puritani and Samson et Dalilia; October La Fanciulla del West, and Beethoven; November Fidelio and Ana Bolena.

Facilitator: Bruno Amato

552914A	Fri	2:00-3:30P	9/14-10/19	6 sessions	\$24M/ \$28R/ \$30NR
552914B	Fri	2:00-3:30P	10/26-12/14	6 sessions	\$24M/ \$28R/ \$30NR

Peer Play

Join our class of support and fun where we laugh, share and care. We will stimulate our minds with memory and reminiscing, word puzzles, visual games, trivia, and so much more. This program is geared toward people experiencing mild memory loss. Caregivers are welcome to attend. Facilitator: Anne-Paul Swett No Class 5/18, 7/10.

551961A	Tue	10:00-11:00P	7/17-9/4	8 sessions	\$10M/ \$12R/ \$14NR
552961A	Tue	10:00-11:00P	9/11-10/30	8 sessions	\$10M/ \$12R/ \$14NR

The West Hartford Caregiver Alzheimer Support Group will meet the 1st Tuesday of the month.

Sharpen Your Mind

Who knew that staying sharp could be so much fun! Come join us for group activities, such as word games and visual puzzles that enhance cognitive acuity, logical thinking and improve memory...all this with laughter and the support of your peers. Facilitator: Anne-Paul Swett No Class: 3/30, 5/18, 7/13

551962A	Fri	12:30-1:30P	7/20- 9/7	8 sessions	\$10M/ \$12R/ \$14NR
552962A	Fri	12:30-1:30P	9/14- 11/2	8 sessions	\$10M/ \$12R/ \$14NR

FITNESS CLASSES

Ageless Grace A cutting edge program based on neuroplasticity that activates all 5 functions of the brain and addresses all 21 physical skills needed for lifelong optimal function. Created by Denise Medved, the program consists of 21 simple exercise tools designed for all ages and abilities. Facilitator: Thomas Atwood, PT.

551937A	Tue	11:15-12:00P	6/19-8/7	8 sessions	\$40M/ \$45R/ \$50NR
551937B	Tue	11:15-12:00P	8/14-10/2	8 sessions	\$40M/ \$45R/ \$50NR

FITNESS CLASSES CONT.

Energy Hour

This popular class has light aerobics and stretching for your entire body. Instructors: Karen Lewis, Joan Walden.

No Class: 7/4, 9/3, 10/8

551921A	M,W,F	8:45-9:45A	6/27-8/1	15 sessions	\$40M/ \$45R/ \$50NR
551921B	M,W,F	8:45-9:45A	8/3-9/7	15 sessions	\$40M/ \$45R/ \$50NR
552921A	M,W,F	8:45-9:45A	9/10-10/15	15 sessions	\$40M/ \$45R/ \$50NR

Matter of Balance

This is an award-winning program designed to manage falls and increase activity levels. You will learn to make changes to reduce fall risks at home, and specific exercise to increase strength and balance.

552911A	Fri	10:15A-12:15P	9/28-11/16	8 sessions	\$16M/ \$18R/ \$20NR
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Silver Sneakers-Cardio & Strength

This class consists of a cardio segment to improve cardiovascular health followed by a conditioning segment using weights, resistance bands and short bands that target both the large and small muscle groups. **Class is free to Silver Sneaker participants but you must register in advance.** Instructor: Christine Bailey. No class: 9/3, 10/8, 11/12.

551915A	Mon	1:00-2:00P	6/25-8/27	10 sessions	\$30M/ \$35R/ \$40NR
551915B	Mon	1:00-2:00P	9/10-11/26	10 sessions	\$30M/ \$35R/ \$40NR

Strength & Fitness

The Strength & Fitness class is a gradual strength building and conditioning program which incorporates resistance, (Nautilus, dumbbells, etc.) cardiovascular (bikes, treadmills, etc., stretching) exercises held in our fitness center. Requires medical form filled out by your doctor. Facilitator: Mark Modifica. No Class: 8/14, 8/16,

551908 A	Tue Thu	12:45-1:30P	6/12-7/12	10 sessions	45M/ \$50R/ \$55NR
551908 B	Tue Thu	12:45-1:30P	7/17-8/23	10 sessions	45M/ \$50R/ \$55NR
551908 C	Tue Thu	12:45-1:30P	8/28-9/27	10 sessions	45M/ \$50R/ \$55NR
551909 A	Tue Thu	1:30-2:15P	6/12- 7/12	10 sessions	45M/ \$50R/ \$55NR
551909 B	Tue Thu	1:30-2:15P	7/17- 8/23	10 sessions	45M/ \$50R/ \$55NR
551909 C	Tue Thu	1:30-2:15P	8/28- 9/27	10 sessions	45M/ \$50R/ \$55NR
551910 A	Tue Thu	2:15-3:00P	6/12- 7/12	10 sessions	45M/ \$50R/ \$55NR
551910 B	Tue Thu	2:15-3:00P	7/17- 8/23	10 sessions	45M/ \$50R/ \$55NR
551910 C	Tue Thu	2:15-3:00P	8/28- 9/27	10 sessions	45M/ \$50R/ \$55NR

TAI CHI QIGONG CLASSES

Tai Chi Qigong

Ancient Chinese gentle movements, which are suitable for all ages, and physical or medical conditions. These gentle graceful body movements prevent many diseases, accelerate the healing process, restore balance, increase flexibility, boost energy level, calm the mind, and are great stress relievers! Please wear loose, comfortable clothing and non-skid shoes.

Instructor: Krystyna Dzwonkowski. No class: 6/25, 6/28 7/2, 7/5 9/3, 10/8

Tai Chi Qigong-Beginner

551924A	Mon	11:30A-12:30P	6/11-8/13	8 sessions	\$48M/ \$58R/ \$63NR
552924A	Mon	11:30A-12:30P	8/20-10/22	8 sessions	\$48M/ \$58R/ \$63NR

Tai Chi Qigong-Intermediate

554933A	Thu	9:30-10:30A	5/10-7/19	8 sessions	\$48M/ \$58R/ \$63NR
551933A	Thu	9:30-10:30A	7/26-9/13	8 sessions	\$48M/ \$58R/ \$63NR

TAI CHI QIGONG CLASSES

Tai Chi Qigong-Intermediate/ Advanced

551929A	Mon	10:30-11:30A	6/11-8/13	8 sessions	\$48M/ \$58R/ \$63NR
552929A	Mon	10:30-11:30A	8/20-10/22	8 sessions	\$48M/ \$58R/ \$63NR

Tai Chi Qigong-Advanced

554925A	Thu	8:30-9:30A	5/10-7/19	8 sessions	\$48M/ \$58R/ \$63 NR
551925A	Thu	8:30-9:30A	7/26-9/13	8 sessions	\$48M/ \$58R/ \$63 NR

YOGA CLASSES

Yoga

Gentle yoga is appropriate for beginners and advanced beginners. Options are offered to accommodate different abilities and breathing techniques to energize, focus and calm the body and mind. Instructors: Laura Magnussen (Mon am). 5/28 Jill Hebert (Mon, Thurs PM, Sat AM) No Classes: 5/28, 9/3

554927A	Mon	10:00-11:15A	5/14-7/9	8 sessions	\$67M/ \$77R/ \$82NR
551927A	Mon	10:00-11:15A	7/16-9/10	8 sessions	\$67M/ \$77R/ \$82NR

Yoga

554930A	Mon	4:00-5:00P	5/14-7/9	8 sessions	\$48M/ \$58R/ \$63NR
551930A	Mon	4:00-5:00P	7/16-9/10	8 sessions	\$48M/ \$58R/ \$63NR

Yoga

551936A	Thu	5:00-6:00P	5/24- 7/12	8 sessions	\$48M/ \$58R/ \$63NR
551936B	Thu	5:00-6:00P	7/19- 9/6	8 sessions	\$48M/ \$58R/ \$63NR

Yoga

551931A	Sat	9:45-10:45A	7/7-8/25	8 sessions	\$48M/ \$58R/ \$63NR
552931A	Sat	9:45-10:45A	9/1-10/20	8 sessions	\$48M/ \$58R/ \$63NR

Yoga, Chair

A yoga practice modified so that postures and movements can be done seated in a chair. Many of the basic body positions of the yoga poses are similar, but without having to get down or back up from the floor. While seated on chairs, students can do versions of twists, hip stretches, forward bends and mild backbends. Additionally, some standing and balancing postures can be done using the chair for support. In addition to a good stretch, chair yoga participants can also enjoy other health benefits of yoga, including improved muscle tone, better breathing habits, stress reduction, better sleep and a sense of well-being. Virtually everyone can do and receive benefits from chair yoga! Instructor: Jill Hebert No Class 5/28, 7/4, 9/3.

554932B	Mon	3:00-3:45P	5/14-7/9	8 sessions	\$48M/ \$58R/ \$63NR
551932A	Mon	3:00-3:45P	7/16-9/10	8 sessions	\$48M/ \$58R/ \$63NR

551935A	Wed	2:15-3:00P	6/20-8/15	8 sessions	\$48M/ \$58R/ \$63NR
552935A	Wed	2:15-3:00P	8/22-10/10	8 sessions	\$48M/ \$58R/ \$63NR

Zumba

Fast paced exercise/dance to Latin/Salsa Music. All ages welcome. Instructors: M. Fenton & L. Newton. No Class 5/28, 7/4

Mon	6:15-7:15P	Ongoing	Payable to Instructor	\$7.00
Wed	7:00-8:00P			
Thu	6:15-7:15P			
Sat	8:30-9:30A			



West Hartford Senior Center

BAGEL BREAKFASTS

Tuesdays, 9:00 – 10:00 AM

Enjoy a fresh bagel along with assorted cream cheeses, orange juice and coffee/tea.



July 10, 2018

WEST HARTFORD LIBRARIES

Pramod Pradhan, Community Engagement Librarian, Faxon Branch

Attend this very interesting and engaging presentation describing all of the wonderful services our Libraries offer to residents free of charge.

August 14, 2018

METROPOLITAN DISTRICT

Attorney David Silverstone, Consumer Advocate, MDC

Newly appointed West Hartford resident, David Silverstone, is the first Independent Consumer Advocate for the Metropolitan District of Hartford County. This position was established to advocate for consumers regarding rates, water quality, water supply and wastewater service quality. David will share some of the projects he has worked on, hear your concerns and answer questions.

September 11, 2018

HOW TO EAT NAKED...WITH YOUR CLOTHES ON

Marci Moreau, Naked Baking Ladies

Designed to educate and entertain, Naked Baking Ladies seminar introduces the essential concepts of health and wellness. In our seminar you will learn what it means to eat naked and find the answers to the most pressing questions of food and diet. Begin your journey and discover the truth behind organic and conventional methods, genetically modified foods and superfood ingredients. Considered the great reveal of the food industry, Naked Baking Ladies will illuminate the way you think of food, transform your diet and, ultimately, cultivate a life of health and wellness. Join the revolution and get Naked!

Co-sponsor:



Cost: \$2 M; \$4 NM per event

Tickets should be purchased at least one day in advance.

860-561-7583



Wednesday, June 27, 2018

1:30-3:30pm

Sing your heart out to your favorite songs from the past and the present. Professional D.J. brings in a large screen television which will display all the words to each song. There are hundreds of songs to pick from for your special solo or group performance.

Guaranteed FUN!

Strawberry Shortcake & Coffee will be served

Pre-registration required. Cost: FREE to Members; \$3 NM

Co-sponsors:



Arden Courts 

30th ANNUAL SENIOR PICNIC

Wednesday, July 18, 2018

Town Hall Auditorium

12:00 – 2:30 p.m.

FREE PARKING



Our Annual Senior Picnic will feature traditional favorites grilled by West Hartford Police Officers. We will enjoy Hebrew National Hot Dogs, Hamburgers, Potato Salad, Coleslaw and dessert.

Our entertainment for the afternoon is the popular

Elderly Brothers
Featuring T-Bone and Brian Gilley.

Cost: \$5 M, \$8 NM

Tickets are limited to 200 and will be on a first come, first serve basis.

West Hartford Police

Co-sponsor:



Officers' Association

**For more information,
please call (860) 561-7583**



THANKSGIVING IN JULY

Wednesday, July 25, 2018 1:00-3:00pm

TALES OF NEW ENGLAND

Storyteller Monica Peterson presents, "Tales of New England" historical stories of bravery, foolishness, love and a touch of supernatural. Using story, costume, and photographs, Monica transports audiences back in time to:

- Meet a heroine of the American Revolution
- See the Ghost Ship of New Haven
- Laugh at the antics of a town's battle against a bunch of bullfrog

Our Thanksgiving Feast will be prepared by the Executive Chef of West Hartford Health & Rehabilitation. Menu includes traditional turkey with stuffing, mashed potatoes, vegetable, rolls, butter, pie and coffee.

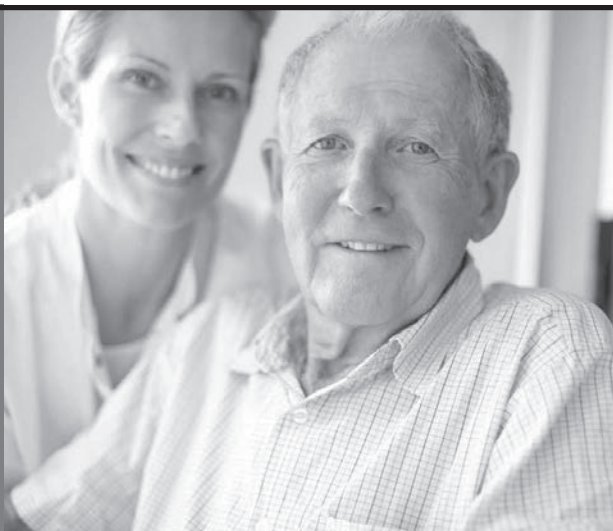
Cost: \$8 M; \$10 NM Pre-registration required



Co-sponsor:



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In Home Care & Assistance

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- Specializing in Live-In and Hourly care
- All caregivers are insured and bonded
- We have an outstanding reputation because we do things differently than everyone else

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Call for a FREE Assessment & Home Evaluation - 860-436-9757

**Date: Tuesday,
July 31, 2018**

**Light Supper:
Salad, Pizza,
Coffee & Ice Cream**

Time: 5:00 – 7:30 pm

Cost: \$5 M, \$6 NM

Join us for our 3rd Annual

Game Night



Games include: Bridge, Canasta, Dominoes, Poker, Mahjongg, Rummikub, Scrabble and more!
Pre-registration is required. Please call 860-561-7583 for more information.

Ice cream provided by

abbydabby
ice cream & treats

Co-sponsor:

America's Choice in Homecare
VisitingAngels
LIVING ASSISTANCE SERVICES

Paint Party

**Wednesday, August 1, 2018
1:00 - 2:30 pm**



Learn how to paint an iconic late summer flower... the Sunflower!
Working with acrylic paint on canvas, we will teach you step-by-step how to create this beautiful bold flower using a layering technique. This technique will bring out the richness and depth of the sunflower to my make an eye popping piece of artwork for any room in your home.

Light refreshments will be served. Limited seats.

Cost: \$12 M; \$15 NM

Pre-registration is required.

Co-sponsors:

OBTA Care
Compassionate | Caring | Creative

BROOKDALE
— SENIOR LIVING SOLUTIONS —





"Butterflies of the World"

Wednesday, August 15, 2018 1:30-3:00pm

This is a power point presentation featuring images of butterflies from every major continent throughout their life cycles. Participants learn fascinating facts about these enchanting insects, including myths and legends about butterflies in different cultures, distinguishing characteristics of the five butterfly families, wing coloration, feeding behavior, mating, and migration. Information about landscaping for butterflies, including instruction in establishing butterfly gardens, is also presented. Comments and questions are welcome throughout the program. Presenter: John Root, Naturalist and Educator.

Pre-registration required. Light refreshments will be served.

Cost: Free to members; \$2 NM

Co-sponsor:



Jukebox BINGO

AND DINNER!

Tuesday August 28, 2018
5:00 p.m.

Join us for dinner and Bingo with a Twist!

We have combined an exciting game of Bingo with some of your favorite music. This "Name that Tune" bingo game will bring back fond memories of days gone by. Many of your favorite songs will be played during this upbeat, toe tapping and most importantly, FUN activity!

Prizes will be awarded.

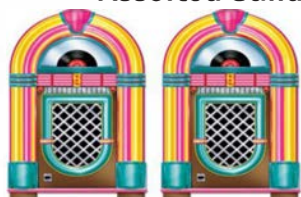
Dinner Menu:

Assorted Sandwiches & Wraps, Chips, Fruit Platter, Cookies, Soda & Coffee

Cost: \$5 M, \$8 NM

Preregistration Required

Co-sponsor:





HOT FUDGE & FIDDLES

Wednesday, September 5, 2018

2:00 pm

As summer comes to an end let's get together to enjoy delicious
Hot Fudge Sundaes compliments of

A.C. Petersen.

The CT Bristol Old Time Fiddlers will entertain us with their lively foot stomping music!

Cost: \$ 2.00 M, \$ 3.00 NM

Please register in advance
For more information,
please call (860) 561-7583

Co-sponsors:



West Hartford Senior Center
WELCOME OUR NEW POLICE CHIEF
Vernon Riddick, Jr.



FRIDAY, SEPTEMBER 7, 2018 10:00AM

Chief Riddick will join us for bagels, coffee and conversation.
Program is free to all. Please register in advance by calling 860-561-7583.

Refreshments provided by:



**THERE'S
SOMETHING
ABOUT THIS
PLACE**



BRUNCH & LEARN Speaker Series

Wednesdays | 12:15-1:30pm
May 2 & 16 | June 6 & 20

Join us twice a month for a bagel lunch followed by an engaging guest speaker.

\$7/\$5 JCC Member
RESERVATIONS REQUIRED -
by the Mon. before each event

SENIOR LUNCHEONS

Mondays | 12:15-2:00pm
May 7 | June 4

Join us monthly for a festive lunch followed by live musical entertainment!

\$8/\$6 JCC Member
RESERVATIONS REQUIRED - by
the Mon. before each event

For more information or to RSVP contact Sharon,
860-231-6311 or sholtzberg@mandelljcc.org.

To find out more about Senior Programming
at the Mandell JCC visit www.mandelljcc.org.



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West Hartford, CT 06117
860-236-4571 | www.mandelljcc.org

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West Hartford Senior Center
Join us for a **FUN** afternoon of



Wednesday, September 19, 2018
1:00-3:00PM

Keith Allan returns with his LIFE SIZE version of JEOPARDY!

Everyone plays it at home so you know how it works.

Choose from **FUN** categories and the person with the highest score after all the questions have been asked and answered is the winner!

Then, they take on two new challengers.

Prizes awarded!

Lunch Menu: Assorted sandwiches & wraps, chips, coffee & dessert

Pre-registration required. Cost: \$5 M; \$7 NM

Co-sponsor:



WEST HARTFORD SENIOR CENTER'S

34TH ANNUAL

**GREATER HARTFORD
SENIOR GOLF TOURNAMENT**



Thursday, September 27, 2018

Rockledge Golf Club

289 South Main Street West Hartford, CT 06107

Includes:

- 18 Holes, Green Fees, Golf Cart
- Continental Breakfast & Box Lunch
- Contests, Prize Drawings & Silent Auction

Cost

- \$75 per person
- \$60 Rockledge Season Pass Holder

All golfers must be 55 years of age or older

**For sponsorship opportunities or to register, please call Deborah at 860.561.7583,
deborah.kennedy@westhartfordct.gov**

West Hartford Senior Center

SOCIAL SECURITY SAVVY

**Tuesday
September 25, 2018
5:00 p.m.**

**Learn the Nuts & Bolts of
Social Security!**

Robert Rodriguez, Public Affairs Specialist for the Social Security Administration will educate you on Social Security programs, clarify common misconceptions and address questions. You will also learn how to create & register for your very own my SSA Account!

Topics for Discussion Include:

- When should I retire?
- Can I work and collect benefits?
- Will it be there for my children or me?
 - How does my spouse qualify?
 - What if I become disabled?
- Can my ex-spouse collect on my record?
 - What can I do Online?

This educational workshop will cover these questions and much more! Come learn about the most successful domestic program and financial lifeline the American Public has enjoyed for the past 78 years.

NEW TO MEDICARE?

**Tuesday
October 2, 2018
5:00 p.m.**

- Turning 65?
- Just moved to Connecticut?
- Dropping Employer or Retiree Health Insurance?
- Under 65 but on SS Disability?

If any of these situations apply to you or a loved one, find out how to enroll in Medicare and how to fill the payment gaps Medicare leaves with Medicare Supplements or Advantage Plans. All you need to know... made easy to understand.

Hear from, and speak to, a Medicare Expert, Jodi Moses, in this free community forum about available Medicare Plans. Learn the differences between Medicare Supplements, Part D Prescription Drug Plans, and all-in-one Medicare Advantage plans, and which would be the best for you. The State of Connecticut "Extra Help" Medicare Savings program will also be discussed.



**Programs are free, however pre-registration is required, please call (860) 561-7583
15 Starkel Road, West Hartford CT 06117**



Be a West Hartford Voice for Change. Volunteer for Video Public Service Announcements on healthy living for West Hartford families and seniors.

Volunteers will work with experts to create messages for healthy living and medication management, and produce scripts and short videos.

**Join four sessions July 5 – August 12 and/or four sessions October 1 to December 1,
with facilitators Jean Schensul and Kim Radda of the
Institute for Community Research, Hartford.**

West Hartford Community Television will film and edit videos/Public Service Announcements.

The final products will be aired on WHC-TV, Town website and on various social media platforms. NO PRIOR EXPERIENCE NECESSARY.

Sessions will be held at WH Senior Centers and scheduled for convenience of groups. To join or for more information, please contact Jean Schensul, Chair, SAPC, at ICR, 860 278-2044, ext 3227, Jean.schensul@icrweb.org or Kim Radda at ICR, 860 278-2044 ext 3285, Kim.radda@icrweb.org. Sponsored and endorsed by WHPP, SAPC and WHSCAC. Details in Information flyers available at Senior Centers, WH Town Website and in WH locations.

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Visit us at www.federationhomes.org

(860) 243-2535



Federation Homes, Inc. is sponsored by the Jewish Federation of Greater Hartford with funds provided by the Department of Housing and Urban Development.



Applying for Medicaid?

We don't blame you for not wanting to do the Medicaid application yourself. It's a grueling process.

And SO much is riding on getting it approved.

When seeking help with your application, be sure to choose us, elder law attorneys — and **not a company that merely processes applications.**

Not using an elder law attorney could expose you and your family to great risk and financial loss.

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Or email us: plantoday@ctseniorlaw.com

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Beware of Companies that Process Medicaid Applications
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Kindness Rocks



Friday, October 26 • 10:30-11:30 am

Join us for this fun and inspirational painting activity.

Feel free to **BYOR (Bring Your Own Rocks)**,

Lisa Duncan, Outreach Specialist will bring extra rocks and the paint.

Use them to inspire others through randomly placed rocks along the way or give the gift of a rock to make someone's day!

Coffee and Bagels provided.

Pre-registration required. Cost: Free Members; \$2 NM

Co-Sponsors:



For more information please call 860-561-7582

West Hartford Fellowship Housing is affordable Elderly and Disabled housing in the heart of Bishops Corner in West Hartford.

Located right across the street from the West Hartford Senior Center and Town Library. West Hartford Fellowship Housing offers studio and one-bedroom apartments. Heat, Hot Water and Electricity are included.

Stop by today to see all that West Hartford Fellowship Housing has to offer!

AMENITIES INCLUDE:

- Walking distance to grocery stores, medical offices, retail stores and much more!
- Resident Lounges
- On-Site Parking
- Laundry room
- 24 Hour Emergency Maintenance
- Resident Service Coordinators
- West Hartford Fellowship Housing is a non-smoking community.

20-H Starkel Road, West Hartford, CT 06117

Leasing Office Hours: Monday-Friday 8:30am-5pm

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(860) 561-7583

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POWER POINT PRESENTATIONS, LECTURES, BUSINESS
MEETINGS, CLASSES/WORKSHOPS & DANCES**

**Rooms can accommodate up to 150 people.
REASONABLE RATES RANGING FROM \$35 TO \$95 PER HOUR**

Email: gina@westhartfordct.gov

Your first cup is complimentary. Refills are 50 cents.

Come join us for coffee and tea served each weekday by our volunteers; Jo Lohman, Vinny Gionfriddo, June Lucas and Beth Rocco. It is a perfect opportunity to engage in fellowship and enjoy a hot beverage and sweet treat.



Donations are appreciated.

Please note that coffee will not be served after 1:00 p.m.

The West Hartford Senior Center is grateful to Big Y and Shop Rite for donations of bread and bakery items. Tasty treats are available for purchase with all funds helping to defray the cost of coffee and supplies for the continuation of our Complimentary Coffee and Senior Center Programs.

Co-sponsors:



Join the Coffee Club and help provide coffee and tea to our seniors.
Sponsor a month with a \$50 donation.

For more information please contact Gina Marino at 860.561.7583.

Special Thanks to:

Irma Keller & Jeremy Sachs -April 2018

**The Mah Jongg Girls: Marilyn Schaller, Selma Darling, Irma Keller,
Gerri Silversmith, Linda Reichin, Andi Labinger, Mickey Mazur,
Shirley Gerrol, Libby Cohn & Harriet Carpenos** -May 2018

WE WELCOME THE FOLLOWING NEW MEMBERS TO THE WEST HARTFORD SENIOR CENTER

Christopher Ballog, Susan Bradoff, Bill Childs, Sally Chuinard, Jay Cobbledick, Robin Collins, Mary Conti, Linda Coons, Angela Delaney, Pearl Deligdish, Srianee Dias, Paula Dunn, Robert Dunn, Beverly Ellis, Joyce Falkin, Stanley Fellman, Elenita Fernabe, Robert Fisher, Ernest Gelb, Sally Gelb, Razelle Ginsberg, Trudy Goldstein, Paul Henschel, Joan Henschel, Harvey Hoffman, Andrea Keller, Stan Kerry, Nina Kretschmer, Joan G. Libby, Jan Lis, Elaine Murak, Elestine Nicolson, Fernanda (Fran) Page, Anne Ritter, Dale Ruth, Jean Schensul, Linda Simon, Laverne Strachan, Judy Sullivan, Gupta Suresh, David E. Taylor, Margo Turrentine, Jenny Vecchio, Kevin Walsh, Kim Williams.



DIRECTOR'S TOUR FOR PROSPECTIVE AND NEW MEMBERS Wednesday, July 11, 2018 at 11:00 a.m. Wednesday, September 12 at 11:00 a.m.

Join our Director, Gina Marino, for a tour and overview of programs and services offered at the West Hartford Senior Center.

Please call to register for this free orientation. (860) 561-7583



ROLL CALL

MONDAYS - 10:00 AM-12:00 PM

Join Ben Cooper, WWII Army Combat Medic, for a morning of storytelling and sharing. Ben will facilitate this informal gathering where veterans from all branches of the service can share common experiences and make new friends. Everyone is welcome to meet our veterans and watch history come alive.

Program is Free.

Pre-Registration not required

Please call 860-561-7583 for more information

Movie Schedule for July, August & September 2018**ALL MOVIES ARE FREE OF CHARGE****Thursday Afternoon Movies shown at 1:00 pm****Movies are preceded by a brief introductory talk.****July 5 – Call me by Your Name –Drama, Romance (R) 2017 - 2Hr 12m**

In 1980s Italy, a romance blossoms between a seventeen year-old student and the older man hired as his father's research assistant.

Starring: Armie Hammer, Timothée Chalamet, Michael Stuhlbarg.**July 12 – Shape of Water –Adventure, Drama, Fantasy (R) 2017 - 2Hr 3m**

At a top secret research facility in the 1960s, a lonely janitor forms a unique relationship with an amphibious creature that is being held in captivity.

Starring: Sally Hawkins, Octavia Spencer, Michael Shannon**July 19 – The Post –Biography, Drama, History (PG13) 2017 - 1Hr 56m**

A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government.

Starring: Meryl Streep, Tom Hanks, Sarah Paulson**July 26 –Battle of the Sexes –Biography, Comedy, Drama (PG13) 2017 - 2Hr 1m**

The true story of the 1973 tennis match between World number one Billie Jean King and ex-champ and serial hustler Bobby Riggs.

Starring: Emma Stone, Steve Carell, Andrea Riseborough**August 2 – Bleed for This –Biography, Drama, Sport (R) 2016 - 1Hr 57m**

The inspirational story of World Champion Boxer Vinny Pazienza who, after a near fatal car crash which left him not knowing if he'd ever walk again, made one of sport's most incredible comebacks.

Starring: Miles Teller, Aaron Eckhart, Katey Sagal**August 9 – Molly's Game –Biography, Crime, Drama (R) 2017 - 2Hr 20m**

The true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game and became an FBI target.

Starring: Jessica Chastain, Idris Elba, Kevin Costner**August 16 – Landline –Comedy, Drama (R) 2017 - 1Hr 37m**

In 1995, a teenager living with her sister and parents in Manhattan discovers that her father is having an affair.

Starring: Jenny Slate, Jay Duplass, Abby Quinn**August 23 – All the Money in the World –Biography, Crime, Drama (R) 2017 - 2Hr 12m**

The story of the kidnapping of 16-year-old John Paul Getty III and the desperate attempt by his devoted mother to convince his billionaire grandfather Jean Paul Getty to pay the ransom.

Starring: Michelle Williams, Christopher Plummer, Mark Wahlberg**August 30 – Paddington 2 –Animation, Adventure, Comedy (PG) 2017 - 1Hr 43m**

Paddington, now happily settled with the Brown family and a popular member of the local community, picks up a series of odd jobs to buy the perfect present for his Aunt Lucy's 100th birthday, only for the gift to be stolen.

Starring: Ben Whishaw, Hugh Grant, Hugh Bonneville**September 6 – Sister Act –Comedy, Crime, Family (R) 1992 - 1Hr 40m**

When a worldly singer witnesses a mob crime, the police hide her as a nun in a traditional convent where she has trouble fitting in.

Starring: Whoopi Goldberg, Maggie Smith, Kathy Najimy**September 13 – LBJ –Biography, Drama (R) 2016 - 1Hr 38m**

Lyndon Baines Johnson aligns himself with Jack Kennedy, rises to the presidency, and deals with the civil rights struggles of the 1960s.

Starring: Woody Harrelson, Michael Stahl-David, Richard Jenkins**September 20 – Game Night –Mystery, Comedy, Crime (R) 2018 - 1Hr 40m**

A group of friends who meet regularly for game nights find themselves entangled in a real-life mystery.

Starring: Jason Bateman, Rachel McAdams, Kyle Chandler**September 27 -- Paris can Wait –Comedy, Drama, Romance (PG) 2016 - 1Hr 32m**

The wife of a successful movie producer takes a car trip from the south of France to Paris with one of her husband's associates.

Starring: Diane Lane, Arnaud Viard, Alec Baldwin**October 4 – Beatriz At Dinner –Drama, Comedy (R) 2017 - 1Hr 22m**

A holistic medicine practitioner attends a wealthy client's dinner party after her car breaks down.

Starring: Salma Hayek, John Lithgow, Connie Britton

HOLIDAYS

The Senior Centers are closed on the following holidays:

Independence Day - Wednesday, July 4, 2018

Labor Day - Monday, September 3, 2018

MEMBERSHIPS: Membership runs from January 1 to December 31, 2018 and entitles members to discounted fees for all programs, activities and services at BOTH Senior Centers AND every issue of the BULLETIN will be mailed to you at your home. The membership fee is \$15 for West Hartford residents and \$40 for non-residents. Checks should be made out to the "Town of West Hartford" and mailed to either Senior Center. Or, you can register in person at either office in Elmwood (ESC) or Bishops Corner (WHSC). Newcomers – you can find the registration form in the back of this bulletin.

FITNESS CENTERS

The Elmwood Senior Center and West Hartford Senior Center have over 18 pieces of state of the art equipment. Fitness memberships are interchangeable at both senior centers. All interested participants need to pick up a **procedures sheet, medical clearance form** (which needs to be signed by the participant's medical doctor), and a **health history questionnaire**. Participants will need to attend an orientation conducted by Fitness Coordinator, Mark Modifica. Fitness Center orientations are held weekly. You will be given options of orientation dates when you call **Elmwood Senior Center at (860) 561-8180 or West Hartford Senior Center at (860) 561-7583**.

Fees are \$150 for a yearly membership, \$90 for 6 months, or \$60 for 3 months.

Elmwood Fitness Center	Monday-Friday	7:00 a.m. to 6:30 pm
	Saturday	9:00 a.m. to 1 p.m.
West Hartford Fitness Center	Monday-Thursday	8:00 a.m. to 6:30 p.m.
	Friday	8:00 a.m. to 4:30 p.m.
	Saturday	8:00 a.m. to 12:00 p.m.

SMART DRIVER CLASS - Save at least 5% on your Liability Auto Insurance. AARP sponsors a Smart Driver Program encompassing the latest techniques in driving with special emphasis on defensive driving. This is classroom training only; there is no in-the-car-training. Upon completion of this class, you will receive a certificate which may be used to obtain a minimum of 5% discount on one's liability auto insurance. (This is CT General Statute – Sec. 38a-683 for those who are age 60 years or older.) The class is limited to 20 people. There is a **\$15** fee for AARP Members (card must be presented with payment) and a **\$20** fee for all non-AARP members. This is a newly revised course with new course material and updated workbooks and videos. **Make checks payable to the Senior Center where the class is held.**

Elmwood Senior Center* **Mondays: July 30, August 27, September 24** **9:00 am-1:00 pm**

**Person must register at ESC and pay for class by the Thursday before class start. No phone registrations.*

West Hartford Senior Center **Wednesdays: July 25, August 29, September 26** **9:00 am-1:00 pm**



SENIOR DANCE

All are welcome to drop in at one of our Senior Center Dances. Enjoy music, refreshments and great company!

ELMWOOD SENIOR CENTER

Every Friday, 1:00 pm - 3 PM

Featuring the Elmwood Jive Five

No dances in July & August. Will resume in September

WEST HARTFORD SENIOR CENTER

Every Thursday, 1:00 pm - 3pm

Featuring the Hi-Tones

BINGO - A friendly game of Bingo is held at the Elmwood Senior Center every Wednesday from 1:00 pm - 3:00 pm and at the West Hartford Senior Center every Friday from 1:00 pm - 3:00 pm. Bingo cards are 50 cents each.

COPY/FAX CHARGE – As a convenience to our members, both Senior Centers will make copies or send a fax for \$0.25 per copy.

GIFT CERTIFICATES - Do you want to surprise a relative, friend, or neighbor with a special present? The Elmwood and West Hartford Senior Centers sell gift certificates for the fitness center, special events, trips and travel, classes, and shopping at the Elmwood Little Boutique. The certificates are the PERFECT WAY to introduce a special someone to a new activity or to register them for a favorite program or service. What a surprise it would be to receive a free trip to a show, restaurant, museum or concert.

TOWN OF WEST HARTFORD REFUND AND CANCELLATION POLICY

- Please sign up early to avoid classes being cancelled due to low enrollment.
- Full refunds will be automatic if a class session is cancelled.
- Cancellations and refund requests must be made (3) business days before the program begins.
- All refund requests must be made in writing.
- Refunds will not be given after a program has begun.
- A 10% processing fee will be deducted from all refunds (minimum \$5.00).
- In case of injury, a written refund request must be accompanied by a doctor's note.
- No refunds will be given on trips, special events, and/or memberships.

SENIOR CAFE

HOT LUNCH PROGRAM

Monday-Friday, 12 Noon to 12:30 p.m.

offered by the Community Renewal Team

Reservations for the lunch program must be made one day in advance by calling one of the numbers below between the hours of 10 a.m. and 12:30 p.m. The suggested price is \$2.50 per meal for seniors. The hot meals are nutritionally balanced and typically include soup, salad, main entrée, vegetables, bread, dessert and fresh fruit. Friends and fellowship await.

Elmwood at (860) 561-8188

Federation Square (Kosher site) at (860) 236-4136

SENIOR JOB BANK

Location: 50 South Main Street (Town Hall) Suite 216, West Hartford, CT 06107

Phone (860) 521-3210 Email: INFO@SJBCT.ORG Website: www.sjbct.org

Hours: of Operation: Monday – Friday (10:00 am to 12:30 pm)

Need Work: Register to find a part-time job for yourself or become a Service Provider

Need Help: Find one of our Service Providers to do work for you in your home or business

TRANSPORTATION**WEST HARTFORD DIAL-A-RIDE**

Members: call TOLL-FREE 1-855-WHRIDES (855-947-4337) to schedule a ride. To become a member, call 860-561-7561 or download an application from <http://www.westhartfordct.gov/transportation>. Annual fee is \$50 and membership renewal is 7/1/18.

THE FREEDOM RIDE ACCESSIBLE TAXI PROGRAM

Call (860) 666-6666, ext. 3100, or visit www.hartfordtransit.org/freedom-ride

GREATER HARTFORD TRANSIT DISTRICT ADA PARATRANSIT SERVICES

Call (860) 247-5329 Ext. 3011 or visit <http://www.hartfordtransit.org/adaservice.html>.

INDEPENDENT TRANSPORTATION NETWORK – CENTRAL CT

Call (860) 521-3600 or visit www.ITNCentralCT.org.

**SOCIAL SERVICES COMMUNITY PARTNERSHIP VOLUNTEER
MEDICAL ESCORT PROGRAM T**

Call (860) 561-7567 or visit www.westhartfordct.gov/volunteerservices.

**THE WEST HARTFORD SENIOR CITIZENS
ADVISORY COMMISSION**

**10:00 a.m. at Elmwood Community Center
1106 New Britain Avenue, West Hartford, CT**

The West Hartford Senior Citizens Advisory Commission meets on the third Tuesday of the month. Come to our meetings, share your comments, and enjoy some light refreshments.

There are no meetings for July and August.

Tuesday, September 18, 2018

Speaker TBD

EVERYONE IS WELCOME and cordially invited to attend any or all of our sessions.

DO YOU NEED HELP PAYING FOR GROCERIES?**Foodshare SNAP Outreach volunteers can help!**

Did you know a one person household can get as much as \$192 for groceries every month? We can help you fill out the SNAP benefits application and submit it for you. We will even help you with the documents required.

Call Social Services for an appointment at 860-561-7561.

(SNAP is the Supplemental Nutrition Assistance Program)

**West Hartford Senior Center
at Bishop's Corner**

**These Wednesdays each Month
5:00pm-7:30pm**

JULY 11

AUGUST 1

SEPTEMBER 5

**West Hartford Social Services
Room 306, Town Hall**

**These Tuesdays each Month
2:30pm-5:30pm**

JULY 10

AUGUST 14

SEPTEMBER 11

**These Fridays each Month
9:00 am-12:00pm**

JULY 27

AUGUST 24

SEPTEMBER 28



**www.foodshare.org
(click on Find Help> SNAP)
Phone: 860-286-9999 ext. 104**

**MEET WITH A SOCIAL WORKER**

Would you like an opportunity to meet privately with a professional social worker to discuss issues that are concerning you? These issues might be related to your finances, medical questions, health insurance, housing, transportation, family members or community resources that might enhance your quality of life, your safety and your independence.

Please call West Hartford Social Services directly to schedule an appointment at 860-561-7561. Appointments scheduled at either senior center or at town hall.

CHOICES COUNSELORS

Volunteers are trained by the Area Agency on Aging and Medicare Advocacy Group, which is run by the State Choices Program. Help and consultation is provided with MediGap Insurance and Medicare issues, including the Medicare Drug Assistance Program.

Appointments on various days at the West Hartford Senior Center
call (860) 561-7583 for an appointment.

August 8, 13, 20, 27
September 5, 10, 17, 24
From 9:00 am to 12:00 pm

Please Note: Only one person per session. Please bring all current medical membership cards and a list of all medications including dosage and frequency.

Appointments on Tuesdays at West Hartford Town Hall
call (860) 561-7561 for an appointment.
From 1:00 pm to 3:00 pm

2018 RENTAL REBATE PROGRAM BEGINS APRIL 2, 2018 For Rent and Utilities paid in 2017 (Jan – Dec)

Do you have an annual income of under \$35,200 (single) or \$42,900 (couple)? Then you might qualify for the Rental Rebate Program. There is no cost for this service and appointments begin on April 9, 2018 - To schedule an appointment, please call 860-561-7563.

Applications for the Renter's Rebate program require the following **written** documents:

- If you received regular Social Security income - bring your **1099 form** from **2017**
- If you received SSI - bring a **letter from Social Security** which clearly states **your total 2017 income**. To request this document – call 1-877-619-2851.
- If you are younger than 65 and you have a disability - you **MUST bring proof of disability** from the Social Security Administration.
- Proof of any other of **2017** income (pension, employment, interest, dividends, etc.)
- A copy of the **2017 Income Tax Return** signed and submitted to the IRS (if you filed one with the IRS).
- Proof of **all 2017 rent payments** (rent receipts for each month in 2017 or signed letter from landlord)
- Proof of **all 2017** utility payments; i.e. electric, gas, oil. *bring each monthly bill or a full-year printout for **2017**.

To schedule an appointment, call 860-561-7563 or visit www.westhartfordct.gov/rr

NEW! BALANCE SCREENING

Statistics show that one out of every three people over 65 will fall, and that number steadily increases with age. Of those who do fall, as few as 28% return to their home after hospitalization. Physical Therapist, Tom Atwood will provide a Free 20 minute balance screen. During this screen the therapist takes you through 3 clinical tests that have been proven by research to be valid and reliable indicators of balance performance. From these 3 tests, the therapist is able to determine the level of balance impairment and suggest possible programs to improve balance. Please call 860-561-7583 for your individual appointment.

WHSC Tuesdays July 17, August 21 & September 25 2:15-2:35pm

BLOOD PRESSURE CLINICS

Monitors take blood pressures at both Senior Centers. Individuals will be told the reading and it will be up to the individual to do his/her own follow up. The program is now designed for individual awareness only. Individuals will be taken on a walk-in basis at no charge.

Elmwood: 2018: Wednesdays - 9:30 am-11:30 am

WHSC: 2018: July 18, August 1, August 15, September 5, September 19 - 9:00 am-11:30 am
(The West Hartford Senior Center program is at Fellowship Housing, opposite 15 Starkel Rd)

FOOT CARE PROGRAM

Call for a 1/2 hr. appointment. 860-561-8180. **Cost: \$33** at the Senior Center, **\$50** for home visits

Elmwood: 2018: July 3, July 27, August 7, August 24 - 9:00am-3:00pm

HEARING SCREENINGS

Senior Centers will be offering **FREE** hearing screenings and service on any make or model of hearing aide provided by Jack Felix of Hearing Care Center. Hearing screenings require only a few minutes and will confirm if hearing thresholds are within normal ranges or would require further testing if a loss is present. Senior Center office staff will book 15-minute appointments between the hours of 9:30 and 10:30am on a bi-monthly basis. If requests for service exceed the time allotted, Hearing Care Centers will extend the screening hours and/or come on a monthly basis.

Elmwood: 2018: July 10 Sept.11 Nov. 13

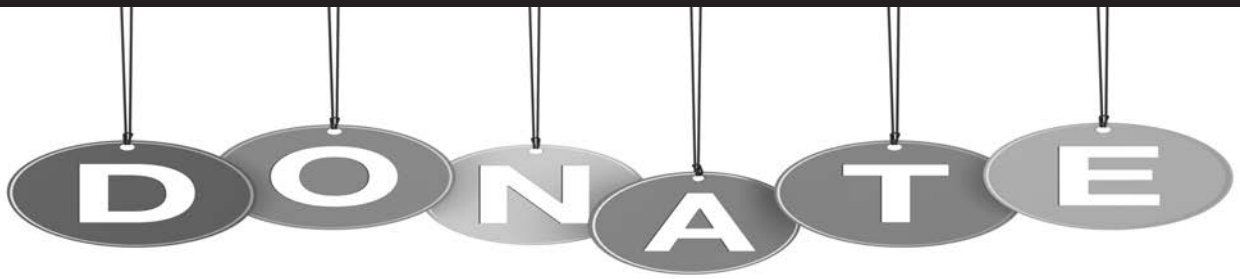
WHSC: 2018: July 18 Sept. 19 Nov. 21

MEMORY SCREENINGS

Schedule an appointment at Elmwood Senior Center 860-561-8180 for a free, confidential memory screening.

Memory screenings average 10 minutes, and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam. Presented by Amina Weiland, Certified Dementia Practitioner, Certified Dementia Care Partner, Resource Coordinator. Sponsored by Hartford Healthcare Center for Healthy Aging.

Elmwood Senior Center Thursdays July 12, September 27



GIFTS, MEMORIALS & DONATION CONTRIBUTIONS

Gifts, memorials, and donations are used to further the purpose and goals of our Senior Centers. New and replacement equipment is difficult to obtain through the normal budget channels because of cutbacks, so any size contribution is welcome. We are always grateful to families who mention membership in the Elmwood or West Hartford Senior Centers in obituaries of a loved one, and we are appreciative of the thoughtfulness of those who suggest memorial donations be made to the Senior Center in lieu of flowers. Memorial donations to the Senior Centers keep alive the tradition of serving older adults, the service that your family members or friends so enjoyed. Some of our seniors have found it rewarding to donate to the Senior Center in honor of a special occasion, such as a birthday, anniversary or the birth of a great grandchild.

ELMWOOD SENIOR CENTER DONATIONS

Little Boutique: Julie Frost, Louise Bernotos, Elizabeth Neal, Maureen Benson, Joni Sevarino

Barnes & Noble G.C. : Clare Cormier

Assorted Yarns/craft supplies: Alysha Williams, Teen Center Member

Books for Library: Daya Koon, Greg Petrakis

Bird Seed and suet cakes in memory of Richard Woods: Noreen Bachteler

Craft Supplies "Creative Memories" : Vivian Bachteler (R.Hill)

In Memory of Austin Page: Ken Hungerford, Susan Janiak, Gregory Petrakis, Arthur Pollard, M. Robert Reynolds, David & Donna Wadstrup, Patrick & Christine Farley, Joan Brigham, Richard & Marjorie Parker

2nd Anniversary of passing of Urmila Nagrath: Sara Jain

Coffee for Coffee Rm.: Joni Sevarino

Boxes of Tea: Sandy Poulin

Brass Leaf: Austin M. Page: 5-29-31 — 4-9-18

THE FRIEND EVERYONE CALLED: There with a smile, a solution, a joke

Brass Leaf: Harriot Dyer. GUY DYER A Squire (29 years)

Brass Leaf: In memory of Austin Page, Russell Bjorklund, from the Squires.

WEST HARTFORD SENIOR CENTER DONATIONS:

COFFEE SPONSORS: Marilyn Schaller, Selma Darling, Irma Keller, Gerri Silversmith, Linda Reichin, Andrea Labinger, Mickey Mazur, Shirley Gerrol, Libby Cohn, Harriet Carpenos, Jeremy Sachs

135 Cup bag of DD coffee: Selma Foster

Books: Barbara Belcher

Cards: Harriet Schneider, Ruth Greenstein, Petra Shearer

Books: Martha Moss

In Memory of Marilyn Mazur monetary donation: Jan Elkin

Donation for 90th birthday: Daneille Ferrino

Candy to office: Ann Molod



WEST HARTFORD LIBRARIES

FAXON LIBRARY NOAH WEBSTER LIBRARY BISHOPS CORNER LIBRARY

BOOK DISCUSSION GROUP

Tuesday, 10:00 am

Join us for discussions on the fourth Tuesday of each month at 10:00 am. The group meets in the classroom of the West Hartford Senior Center. Approximately one month before each meeting, there will be 10 to 12 books on hold at the Bishops Corner Library (adjacent to West Hartford Senior Center).

HOMEBOUND

Volunteers deliver library materials free of charge to West Hartford residents who are confined to home because of illness, disability, or advanced age. Ask for specific materials or tell the volunteer what types of material you like and they will make selections for you. A West Hartford Library card is required. A volunteer will answer your call to 860-561-6951 on Tuesdays from 10:00 a.m.-11:30 a.m. or call anytime and leave a message.

Financial Contribution Form

I would like to support the Senior Centers in West Hartford with the below donation.

☐ \$10 ☐ \$25 ☐ \$50 ☐ \$100 ☐ Other \$ _____

I am paying by: ☐ Check ☐ Cash ☐ Mastercard ☐ Visa

Card # _____ Expiration Date _____

Name _____

Address _____

City _____ State _____ Zip Code _____

☐ Do not acknowledge my donation publicly. ☐ Please mail a tax receipt.

Please mail your tax deductible donation to:

Elmwood Senior Center	West Hartford Senior Center
1106 New Britain Avenue	15 Starkel Road
West Hartford, CT 06110	West Hartford, CT 06117

Thank you for your support!

ALZHEIMER'S SUPPORT GROUP – Alzheimer and Dementia Family Caregiver Support Group.
ALZHEIMER'S SUPPORT GROUP – Alzheimer and Dementia Family Caregiver Support Group.
 Groups are free and open to the public.

St. Mary Home (In Center #1 Dining Room)	2nd Thursday of Month Facilitator: Eileen Cleary	4:30 pm - 5:30 pm (860) 570-8335
Hebrew Health Care (In Auditorium)	1st Thursday of Month Facilitator: Melissa Fay	3:15 pm - 4:45 pm (860) 920-1810
West Hartford Senior Center	1st Tuesday of Month Facilitator: Elaine Reid	10:00 am – 11:00 am (860) 712-4614

PARTNER BEREAVEMENT SUPPORT GROUP – For those grieving the loss of a Partner or Spouse...Ongoing...meets at 4:30-6:00 p.m. on the second and fourth Wednesday of each month, excluding Jewish holidays. To register, or for more information please call 860.523.3800. Sessions are free of charge and refreshments will be served. Hebrew HealthCare, Senior Day Center, One Abrahms Blvd. West Hartford.

COCHLEAR CHAT & SUPPORT explores how the Cochlear community is a resource for those seeking information on advance hearing loss and it provides resources & support to those who have a Cochlear implant, Cochlear Nucleus Hybrid or Cochlear Baha System Technology. Join us the third Thursday of the month from 6:00–7:30 p.m. at Blue Back Square. Please contact Nancy Ryan (860) 232-0255 or Marcia Reno (860) 232-4352.

DEMENTIA PEER COALITION OF CT Group meets first Wednesday of each month from 10:00 – 11:30 a.m. at the Elmwood Senior Center. Facilitator: Bob Savage (860) 305-0178.

EARLY STAGE MEMORY LOSS GROUP - Group meets at Jewish Family Services the second & fourth Thursday of the month from 4-5:00 pm. This is a collaborative effort between Jewish Family Services & Hebrew Health Care. RSVP: Pamela Atwood (860) 920-1810 (patwood@hebrewhealth-care.org) or Penny Yellen (860) 236-1927 (pyellen@JFSHartford.org)

OSTOMY SUPPORT GROUP – This is a non-profit support group for people & their families/friends who have had ostomy surgery. We will meet at the West Hartford Senior Center on the fourth Wednesday of each month from 5:30-8:30 pm. For details and more information, call Cheryl at (860) 693-0289.

PARKINSON'S SUPPORT GROUP - The support group for Parkinson's meets at Atria Hamilton Heights on the second Wednesday of each month, 3:30 p.m. – 4:30 p.m. For more information, call Pamela Atwood (860) 798-0369, or the chapter office at (860) 248-9200.

STROKE SUPPORT GROUP – This group is held at the Hospital for Special Care in New Britain. The group meets on the second Tuesday of each month from 3:00-4:30 pm in the lower level Conference Center. Designed for stroke survivors, their caregivers and loved ones. Please call Kristin Mooney at (860) 827-1958 ext. 5091 with questions.



MEMBERSHIP & CLASS REGISTRATION FORM

(Please Print)

HOUSEHOLD INFORMATION

Name:	Home Phone:	Cell:
If not a Senior Center Member, Please fill out below		
Address:	Town:	
State:	Zip Code:	Email Address:
Emergency Contact Name:	Phone Number with area code.	Relationship:

MEMBERSHIP: Renewal _____ New _____ Resident Rate \$15.00 Non-Resident Rate \$40.00 _____

CLASS REGISTRATION INFORMATION:

PARTICIPANT	PROGRAM	PROGRAM #	DATES	DAY	TIME	SESSION	FEE

MEMBERSHIP TOTAL \$ _____
 CLASS TOTAL \$ _____
 DONATION TOTAL \$ _____
 GRAND TOTAL \$ _____

Please include my tax deductible donation to support the Senior Centers.....

Paid by: (circle one) Cash Check Credit Card
Make checks payable to: Town of West Hartford

Circle one: Visa or Mastercard
Number: _____

Exp. Date: _____

Waiver: I realize that as with any activity there is a possible risk of injury to myself while participating in this activity. I agree to waive the risk of injury which I might suffer while involved in the West Hartford of Leisure Services activity and I will not hold the Town of West Hartford or its instructors liable for any injuries which I may suffer while participating in these activities.

SIGNATURE: _____

Date: _____

Staff Initials: _____



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STAY AT HOME!**



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jfscareathome.org

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www.sheehanhilbornbreen.com

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Funeral Directors: Richard Koza, David Skinner, Jay Murphy



Rick Boucher, owner
Dawn Morganson, sales

Daley-Connerton Memorial Co.

Have you been thinking about purchasing a cemetery plot? BEFORE you do this, you will want to contact *Daley-Connerton Memorial Co.*

Yes, we are a monument company, however Dawn and Rick are knowledgeable in regulations of cemeteries and can help guide you in choosing the area of the cemetery that best fits you and your family's needs.

When you are ready to purchase a memorial, *Daley-Connerton Memorial Co.* will be happy to help you choose a personalized memorial that fits your personality and budget.

855 Blue Hills Avenue | Bloomfield
860.242.4133 | www.daleyconnerton.com

Mon-Fri 9-5; Sat 10-1 or by appointment

Special Connections

...found only at Hoffman SummerWood

**"Dale reminds me
so much of my
grandfather, the
way he likes to
play cards..."**

-Katelyn, Member Services and
Program Associate for over 6 years



Hoffman SummerWood is an award-winning senior living community that offers fine kosher dining and a wealth of other amenities. For more information please call Valerie at 860-920-1866 or email vbartos@hoffmansummerwood.org.



Hoffman SummerWood
A Hebrew Senior Care Service



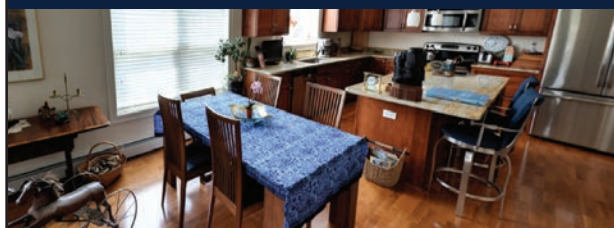
160 Simsbury Road, West Hartford www.hoffmansummerwood.org

Division of Leisure Services
Town of West Hartford
50 South Main Street
West Hartford, CT 06107

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HARTFORD, CT
PERMIT #4884



Cottage Chic



Our informational sessions are held every 1st Thursday at 1:30pm and every 3rd Wednesday at 10:30am.

Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org.

Ease into life on the Seabury campus in one of our beautiful one- and two-bedroom cottages. These charming, well-appointed homes feature state-of-the-art finishes and access to all that life at Seabury has to offer. Seabury is a Life Plan community for adults 50 and over. Join us at one of our upcoming informational sessions to learn more and take a tour of your new home.



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